

World-Wide Celebration of Yoga for Body Mind & Soul

June 20<sup>th</sup> to 26<sup>th</sup>, 2020

www.**JKYog**.org

International  
**FESTIVAL**  
OF YOGA



*Your Personal Guide to Holistic Health & Happiness*



**Over 70 unique online classes**

Join Seminars & interactive workshops  
from anywhere



**Wealth of Expertise & Knowledge**

Yoga, and other natural & holistic  
health alternatives



**Help make the world  
a healthier & happier place**



**FREE**

# Table of Contents

Jagadguru Shree Kripaluji Maharaj .....	2
Keynote Address .....	3
Day 1 Schedule .....	4
Day 2 Schedule .....	5
Day 3 Schedule .....	6
Day 4 Schedule .....	7
Day 5 Schedule .....	8
Day 6 Schedule .....	9
Day 7 Schedule .....	10
Speakers .....	11 - 12
JKYog Online Offerings .....	13
JKYog Philanthropic Activities .....	14
Support JKYog in Making a Difference .....	15
Sponsors and Community Partners .....	16 - 17

# Jagadguru Shree Kripaluji Maharaj



योग वही योग है जो गोविंद राधे ।  
जीव ब्रह्म का संयोग करा दे ॥

Yog Vahi Yog Hai Jo Govind Radhey  
Jeev Brahm Ka Sanyog Kara De

- Radha Govind Geet: Doha 2423

**True Yog is that which unites the soul with God.**



Jagadguru Shree Kripaluji Maharaj, the fifth original Jagadguru in Indian history, the embodiment of the nectar of divine love, was one of the foremost rasik saints, who revealed the most sublime spiritual knowledge to souls the world over.

**Sat, June 20<sup>th</sup>**

**9:30 am - 11 am CST  
(8 pm - 9:30 pm IST)**

**GRAND OFFICIAL**

**KICK-OFF**

**Keynote Address  
by Swami  
Mukundananda**

### **Swami Mukundananda .....**

Swami Mukundananda is a global spiritual leader, bestselling author, international authority on mind management and Vedic Scholar. He is also the founder of the Yogic System, "Yoga for the Body, Mind and Soul" and has lectured at several Ivy League Universities and Fortune 500 companies.

Swamiji is a senior disciple of Jagadguru Shree Kripaluji Maharaj. He founded JKYog (Jagadguru Kripaluji Yog), to help globally spread the true knowledge of Yoga as per the Vedic Scriptures, for physical, mental, and spiritual health.

# DAY 1 SCHEDULE: SAT, JUNE 20

www.JKYog.org  
International  
**FESTIVAL**  
OF YOGA



Time (CST)	Time (IST) 6/20-21	Session
6:00 AM	4:30 PM	Yoga for all
7:00 AM	5:30 PM	Mixed Level Yoga For Body, Mind & Soul
8:00 AM	6:30 PM	Patanjali Yog Sutra
9:00 AM	7:30 PM	Introduction to Meditation
9:30 AM	8:00 PM	<b>Grand Official Kick-off and Keynote by Swami Mukundananda</b>
11:00 AM	9:30 PM	<b>Mind-Body Connection by Dr. Madhukhar Trivedi</b>
1:00 PM	11:30 PM	Breathe, Relax, and Heal by Dr. Nick Shroff
2:00 PM	12:30 AM	<b>Sun Salutation Workshop by Thomas Taubman</b>
4:00 PM	2:30 AM	Meditation
4:30 PM	3:00 AM	Joint Pain, Orthopedic & Sports Medicine Surgery by Dr. Kushal Patel
5:30 PM	4:00 AM	<b>Hip opening Yoga Workshop by Garth Hewitt</b>
7:00 PM	5:30 AM	Soulful LIVE Kirtan
8:00 PM	6:30 AM	Happiness Challenge



# DAY 2 SCHEDULE: SUN, JUNE 21

www.JKYog.org  
International  
**FESTIVAL**  
OF YOGA



Time (CST)	Time (IST) 6/21-22	Session
6:00 AM	4:30 PM	108 Surya Namaskar
8:00 AM	6:30 PM	Patanjali Yog Sutra
9:00 AM	7:30 PM	Introduction to Meditation
9:30 AM	8:00 PM	<b>COVID 19 Infection Control by Dr. Mamata Jain</b>
11:00 AM	9:30 PM	<b>Health through Eating Naturopathy Talk by Smita Sundararaman</b>
1:00 PM	11:30 PM	Diabetes Talk by Dr. Sumana Gangi
2:00 PM	12:30 AM	Yin Yoga by Master Teacher Sasy Cacace
3:00 PM	1:30 AM	"Yoga as a Subjective Science" Yoga Talk
4:00 PM	2:30 AM	Guided Meditation
4:30 PM	3:00 AM	Heart & Cardiovascular Talk by Dr. Bhupender Singh
5:30 PM	4:00 AM	<b>Shiva Vinyasa Flow Yoga with Q&amp;A by Garth Hewitt</b>
7:00 PM	5:30 AM	Soulful LIVE Kirtan
8:00 PM	6:30 AM	Happiness Challenge



# DAY 3 SCHEDULE: MON, JUNE 22

www.JKYog.org  
International  
**FESTIVAL**  
OF YOGA

Time (CST)	Time (IST) 6/22-23	Session
6:00 AM	4:30 PM	Yoga for All
7:00 AM	5:30 PM	Recharge Session
8:00 AM	6:30 PM	Patanjali Yog Sutra
9:00 AM	7:30 PM	Quick & Easy: Healthy Vegetarian Cooking
9:30 AM	8:00 PM	<b>Diet &amp; Active Lifestyle by Vasundhara Agrawal</b>
11:00 AM	9:30 PM	Bhagavad Gita Recitation
12:00 PM	10:30 PM	Lunch Time Office Yoga by Dr. Shroff
1:00 PM	11:30 PM	Yoga - Kids & Youth
2:00 PM	12:30 AM	Tending to Your Inner Fires Yoga Workshop by Marika Torok
4:30 PM	3:00 AM	Deep Practice of Asanas & Pranayam
5:30 PM	4:00 AM	<b>Yoga Nidra by Garth Hewitt</b>
6:30 PM	5:00 AM	Yoga Class by Master Teacher David Romero
7:30 PM	6:00 AM	Meditation
8:00 PM	6:30 AM	Happiness Challenge



# DAY 4 SCHEDULE: TUE, JUNE 23

www.JKYog.org  
International  
**FESTIVAL**  
OF YOGA



Time (CST)	Time (IST) 6/23-24	Session
6:00 AM	4:30 PM	Yin Yoga by Master Teacher Sasy Cacace
7:00 AM	5:30 PM	Satsang
8:00 AM	6:30 PM	Patanjali Yog Sutra
9:00 AM	7:30 PM	Quick & Easy: Healthy Vegetarian Cooking
9:30 AM	8:00 PM	<b>Claim your Right to Health Ayurveda Talk by Dr. Smita Naram</b>
11:00 AM	9:30 PM	Bhagavad Gita Recitation
12:00 PM	10:30 PM	Office Yoga - Decompress Express
1:00 PM	11:30 PM	Yoga - Kids & Youth
2:00 PM	12:30 AM	Sampoorna Yoga Workshop by Patrick Guite
4:30 PM	3:00 AM	Yoga for Your Immune System
5:30 PM	4:00 AM	Pranayam for Immunity/Good Health
6:00 PM	4:30 AM	Subtle Body Relaxation
6:30 PM	5:00 AM	Vinyasa Yoga by Andrew Oliver
7:30 PM	6:00 AM	Meditation
8:00 PM	6:30 AM	Happiness Challenge





# DAY 5 SCHEDULE: WED, JUNE 24

www.JKYog.org

International  
**FESTIVAL**  
OF YOGA



Time (CST)	Time (IST) 6/24-25	Session
6:00 AM	4:30 PM	Finding Your Flow in Yoga
7:00 AM	5:30 PM	Satsang
8:00 AM	6:30 PM	Patanjali Yog Sutra
9:00 AM	7:30 PM	Quick & Easy: Healthy Vegetarian Cooking
9:30 AM	8:00 PM	<b>Topic: Hope Cometh: Overcoming the Fear of Breast Cancer by Dr. Funmi Apantaku-Onayemi</b>
11:00 AM	9:30 PM	Bhagavad Gita - Karma Yoga for Everyday
12:00 PM	10:30 PM	Lunch Time Office Yoga
1:00 PM	11:30 PM	Yoga - Kids & Youth
2:00 PM	12:30 AM	Vibration & Sound Bath by Master Teacher David Romero
4:30 PM	3:00 AM	Deep Practice of Asanas & Pranayam
6:00 PM	4:30 AM	Subtle Body Relaxation: Find Your Flow
6:30 PM	5:00 AM	Hatha Yog
7:30 PM	6:00 AM	Meditation
8:00 PM	6:30 AM	Happiness Challenge



# DAY 6 SCHEDULE: THU, JUNE 25

www.JKYog.org  
International  
**FESTIVAL**  
OF YOGA



Time (CST)	Time (IST) 6/25-26	Session
6:00 AM	4:30 PM	Yoga for a Healthy Back
7:00 AM	5:30 PM	Bhagavad Gita - Karma Yoga for Everyday
8:00 AM	6:30 PM	Patanjali Yog Sutra
9:00 AM	7:30 PM	Quick & Easy: Healthy Vegetarian Cooking
9:30 AM	8:00 PM	<b>Constitutional Prescription, CAM, Homeopathy by Dr. Asmita Adsul</b>
11:00 AM	9:30 PM	Bhagavad Gita - Karma Yoga for Everyday
12:00 PM	10:30 PM	Lunch Time Office Yoga
1:00 PM	11:30 PM	Soar Like An Eagle with Yoga Kids session (Ages 7 -12)
2:00 PM	12:30 AM	The impact of chronic stress on the body" by Crissy Luna
4:30 PM	3:00 AM	Yoga
5:30 PM	4:00 AM	Pranayam
6:00 PM	4:30 AM	Subtle Body Relaxation
6:30 PM	5:00 AM	Mindful, Trauma-informed Yoga Class by Crissy Luna
7:30 PM	6:00 AM	Meditation
8:00 PM	6:30 AM	Happiness Challenge



# DAY 7 SCHEDULE: FRI, JUNE 26



Time (CST)	Time (IST) 6/26-27	Session
6:00 AM	4:30 PM	Yoga for Body, Mind and Soul
7:00 AM	5:30 PM	Satsang
8:00 AM	6:30 PM	Patanjali Yog Sutra
9:00 AM	7:30 PM	Quick & Easy: Healthy Vegetarian Cooking
9:30 AM	8:00 PM	<b>Psychosomatic Disorders Accupuncture Talk by Dr. Asmita Adsul</b>
11:00 AM	9:30 PM	Bhagavad Gita Karma Yoga for Everyday
12:00 PM	10:30 PM	Lunch Time Office Yoga
1:00 PM	11:30 PM	Youth Yoga Haven (Ages: Teens plus)
2:00 PM	12:30 AM	Yoga in the Path of Devotion: Prem Yog Workshop by Devi
4:30 PM	3:00 AM	Interactive/Yoga Q&A/Feedback Circle
6:00 PM	4:30 AM	Subtle Body Relaxation - Journey to the Heart
6:30 PM	5:00 AM	Meditation
7:30 PM	6:00 AM	Soulful LIVE Kirtan
8:00 PM	6:30 AM	<b>Speech by Swami Mukundananda</b>



# SPEAKERS

Sessions by world-renowned experts start at 9:30 am CST (8 pm IST) daily



H.H. Swami Mukundananda



Dr Madhukar Trivedi



Dr. Mamta K. Jain



Dr. Smita Naram



Vasundhara Agrawal



Smita Sundararaman



Dr. Asmita Adsul



Dr. Funmi Apantaku-Onayemi



Dr. Nick Shroff

## H.H. SWAMI MUKUNDANANDA

**Keynote address on Sat Jun 20th: 9:30 am - 11:00 am CST**

**Concluding Speech: Fri Jun 26th: 8:00 pm- 9:00 pm CST**

H.H. Swami Mukundananda ji is the founder of JKYog. Swamiji is a world-renowned teacher of Spirituality, Yoga and Meditation and an International Authority of Mind Management. He is the author of several books including the Bestseller '7 Mindsets for Success, Happiness and Fulfilment'.

## Dr. SMITA NARAM

**Topic: Claim Your Right to Health**

**Tue Jun 23rd: 9:30 am - 11 am CST**

Dr. Smita Naram is a renowned Ayurveda expert with 32 years of clinical experience. Dr. Naram is the founder of Ayushakti chain of clinics with 150 clinics in USA, Europe, UK, Australia and New Zealand, India She has been honored worldwide with many prestigious awards including KASHYAP AWARD-One of the most prestigious Award from Germany, Europe. Ayushakti also has 3 hospitals and resorts for in house Detox Treatments in German Hospital, Mumbai and Goa.

**Dr. MAMTA K. JAIN, MD, MPH, FIDSA**

**Topic: COVID-19: Symptoms, Transmission, and Therapies Under Investigation**

**Sun Jun 21st: 9:30 am - 11 am CST**

Dr. Jain is a Professor of Internal Medicine, Infectious Diseases at UT Southwestern tCenter. Dr. Jain has focused her career in Infectious Diseases and conducts clinical trials to evaluate new therapies for HIV, hepatitis C, influenza, and now COVID-19.

**Dr. FUNMI APANTAKU-ONAYEMI**

**Topic: Hope Cometh: Overcoming the Fear of Breast Cancer**

**Wed Jun 24th: 9:30 am - 11 am CST**

Dr. Funmi Apantaku-Onayemi inspires women to overcome the fear of breast cancer based on her three decades of leadership as a cancer populations' researcher and a survivor.

**SMITA SUNDARARAMAN**

**Topic: Healing Through Food**

**Sun Jun 21st: 11 am - 1 pm CST**

Founder & Managing Director of NatureHealz. Best Woman Entrepreneur of the Year by ASSOCHAM in 2018. Nature Healz promotes holistic health and well-being of individuals through right lifestyle management involving therapeutic food, yoga and natural therapies

**Dr. ASMITA ADSUL, M.D.(Hom.), D. Acu.**

**Thu Jun 25th: 9:30 am - 11 am CST**

**Fri Jun 26th: 9:30 am - 11 am CST**

Dr. Asmita Adsul has been working in the field of Alternative Medicine since the past 23 years. She combines the practice of Homoeopathy with Holistic and Oriental medicinal therapies and is continuously working hard towards her mission of making the lives of her patients better by using ancient medicine with modern techniques.

**Dr. NICK SHROFF**

**Topic: Breathe Relax Heal**

**Sat Jun 20th: 1 pm - 2 pm CST**

Dr. Shroff is a cancer surgeon, Yoga-Alliance teacher, sports, and fitness coach. Dr. Shroff shares scientifically validated techniques to differentiate Facts from Myths about awareness and proper breathing techniques

**VASUNDHARA AGRAWAL**

**Topic: Your Relationship With Food**

**Mon Jun 22nd: 9:30 am - 11 am CST**

With 11+ years of experience, Nutritionist Vasundhara is a well-known diet & active lifestyle expert and an independent food consultant who strives to take the confusion out of healthy eating. She is life member of Indian Dietetic Association, a freelance corporate trainer and an active contributor to various publications.

**MADHUKAR H. TRIVEDI, MD**

**Topic: Impact of Mindfulness and Meditation on Health and Brain**

**Sat Jun 20th: 11 am - 1 pm CST**

Madhukar H. Trivedi, M.D., is Professor, Chief of the Division of Mood Disorders, and Director of the Comprehensive Center for Depression in the Department of Psychiatry at UT Southwestern Medical Center. Dr. Trivedi, the holder of the Betty Jo Hay Distinguished Chair in Mental Health, is an established efficacy and effectiveness researcher in the treatment of depression.

# JKYOG ONLINE RESOURCES - FREE

**FREE** Online Classes for Adults - [jkyog.org/online\\_events](http://jkyog.org/online_events)



Meditation

Satsang

Recharge

Bhagavad Gita

Kirtans

संस्कृतम्

Sanskrit

Daily Sadhana

Yoga

Sadhana

Kids sessions

Sessions for children include Bhagavad Gita Recitation, Shloka Study Classes, and Meditation. Bhagavad Gita Study Groups for Youth also available.

- Connect with like-minded people
- Get your spiritual doubts clarified
- Stay Inspired and reach new heights
- Participate from comfort of your home!

**CONNECT**  
with us



Swami Mukundananda  
JKYog Activities  
The Bhagavad Gita

Whatsapp SM Inspirations



# Philanthropic Activities in Rural India

Free **Healthcare**  
for the **Underprivileged**

We provide residents of deprived rural communities with free, personalized, quality healthcare.



**“I will always be grateful to this hospital. Everything was free. Without the surgery, I would not have been able to ever see again.”.....Ramkishore S Kunda, India**

**EDUCATION** for  
the **Rural Youth & Girls**

We provide job-oriented education for underprivileged youth in rural areas, with focus on women. We also provide free education to underprivileged girls.



# Support JKYog in Making a Difference

## ONE-TIME DONATION

Touch the lives of many by supporting JKYog projects and charitable activities

One-Time Donation

All donations are tax-deductible. JKYog is a registered 501(c)(3) non-profit organization.

TRANSFORM LIVES THROUGH SELFLESS CHARITY

JKYog Member

## FOUNDER MEMBER

\$5,000

## PATRON MEMBER

\$2,500

## ESTEEMED MEMBER

\$1,000

## LIFE MEMBER

\$500

## MONTHLY DONATION

Make an impact on a continuous basis

Monthly Donation

**You can donate online via Paypal or Card**

at [www.jkyog.org](http://www.jkyog.org)

**Zelle** to [treasurer@jkyog.org](mailto:treasurer@jkyog.org)

Mail **Check** (payable to JKYog) to  
7405 Stoney Point Drive, Plano TX 75025

Email: [secretary@jkyog.org](mailto:secretary@jkyog.org) or Call (469) 688-4996





# Thank You!

## OUR EVENT SPONSORS



*Dr. Nick Schroff*





# Thank You!

## COMMUNITY PARTNERS



This Event is Brought To You by

**JKYog**

