

## A large crowd of people, many holding national flags, gathered in front of a large archway labeled "परमार्थ PARMARTH". The flags visible include Sri Lanka, Japan, Iran, Brazil, China, New Zealand, Argentina, Thailand, Bermuda, and Austria. The scene is festive and celebratory, with people waving and smiling.





# INTERNATIONAL YOGA FESTIVAL 2015

*Over One Thousand Participants from More Than 60  
Countries Celebrate Yoga*



Dear Divine Souls

The International Yoga Festival was not only a festival where people learned yoga; rather, the festival itself was yoga – a divine union of the east and west, the north and south. On the banks of Mother Ganga, people of every country, every culture, every color and every creed came together as one family, connecting to the Divine within themselves and to the Divine within others. It was a time of uniting not only one's hands to one's legs, but a time of uniting oneself to the Divine, to the Divine that exists in every single one of you.

People from around the world came, sat by the banks of Mother Ganga, absorbed the divine energy of saints, sages and rishis who have meditated and performed yoga here for centuries, and were touched and transformed by the divine, sacred energy of this holy place. I extend great thanks to all our dedicated teachers who traveled from every corner of the globe to come and offer their experience, enthusiasm and expertise to the Festival.

With love and blessings always,  
In the Service of Humanity,

*Swami Chidanand Saraswati*

Swami Chidanand Saraswati

Jai Gange!

It was such a great joy and blessing to welcome you all to the holy banks of the Mother Ganga river, to the lap of the Himalayas, to the birthplace of yoga. It was so beautiful to see the world come together in the name of yoga, or union.

At International Yoga Festival, together we united with our inner selves, with the Divine and with the Divine embodied in and reflected by ourselves and each other. During this transformative and sacred week, we delved into the beautiful and ancient practices of yoga, and were touched and transformed by this sacred place, filling us with joy, love, peace and the true union or "yoga" of body, mind and spirit.

With love from the banks of Mother Ganga

*Sadhvi Bhagawati*

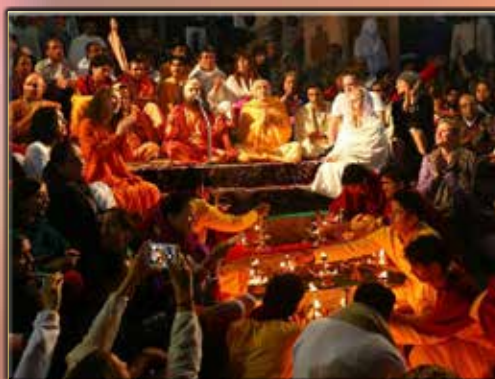
Sadhvi Bhagawati Saraswati







IYF participants had the opportunity to delve into more than 60 different offerings in asana, meditation, pranayama, mantra and divine satsang.



Pujya Swamiji led the International Yoga Festival delegates every evening in the divine Ganga Aarti ceremony, on the banks of Mother Ganga



Pujya Swamiji, Pujya Prem Babaji, Sadhvi Bhagawati and Sivamani celebrate Holi together at the IYF





# PARMARTH NIKETAN

*Welcome Home to the Yoga Capital of the World, the Lap of the Himalayas and the Holy Banks of Mother Ganga*











# REVERED SAINTS, YOGACHARYAS & TEACHERS



H.H. Shankaracharya  
Swami Divyanand  
Teerth



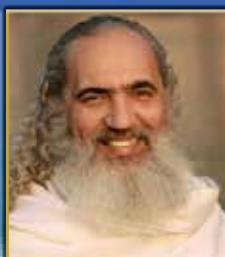
H.H. Swami  
Dayananda  
Saraswati



H.H. Swami  
Chidanand  
Saraswati



H.H. Pujya  
Mooji



H.H. Pujya  
Prem Babaji



H.H. Pujya  
Radhanath  
Swamiji



H.H. Ven. Bhikku  
Sanghasenaji



Dr. HR  
Nagendra



Dr. Vandana  
Shiva



Gurmukh Kaur  
Khalsa



Sadhvi Abha  
Saraswati (Mataji)



Sadhvi Bhagawati  
Saraswati



Padmashri Bharat  
Bhushanji



Rujuta  
Diwekar



H.S. Arun



Deepika  
Mehta



Laura  
Plumb



Janet  
Attwood



Kia  
Miller



Tommy  
Rosen



Dr. Surakshit  
Goswami



Gurushabd Singh  
Khalsa



Jules  
Febre



Hikaru  
Hashimoto







Bharath  
Shetty



Brian Siddharth  
Ingle



Mohan  
Bhandari



Yogiraj Vishwapal  
Jayant



Anand  
Mehrotra



Maa Gyaan  
Suveera



David Wei



Erica Kaufman



Yogrishi Vishvketu



Yuva Dayalan



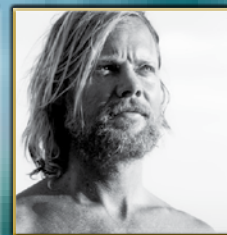
T.A. Krishnan



Dr. Krishna Raman



Dr. Fharzana  
Siraj



Mark  
Robberds



Mert  
Güler



Sukhmandir  
Singh Khalsa



Chandanni  
Miglino



Komilla  
Sutton



Bhavini  
Kalan



Krishnamurthy  
Mohan Raj



Dr. Anjana  
Bhagat



Dr. Urvashi  
Inamdar



Surekha  
Sengupta

*...and many other eminent speakers.*

## SPECIAL CULTURAL PERFORMANCES BY



Sivamani



Daphne Tse



Anandra George



Ayu Lakshmi



Indra Udayana



Sharmila Bhartari



Prakriti Bhaskar



Anita Babu



# INAUGURATION OF IYF 2015:

## *IYF Opens with the Inspiring Words of the Hon'ble Minister of Tourism and other Eminent Dignitaries*

The 16th annual world famous International Yoga Festival at Parmarth Niketan ashram began. Since 1999, Parmarth Niketan has been hosting this world renowned event which has grown to international acclaim and which grows in size year after year. Yogacharyas, teachers, students and seekers come from every corner of the globe to participate in this program. This year there are approximately 1000 participants from more than 55 countries. There are classes from 4:00 am until 9:30 pm with more than 60 revered saints, yogacharyas, presenters and experts from nearly 20 countries around the world.

Ashtanga Yoga, Raja Yoga, Bhakti Yoga, Kundalini Yoga, Iyengar Yoga, Vinyasa Yoga, Bharat Yoga, Deep Yoga, Shintoh Yoga and Somatics Yoga are just a few of the more than 60 different offerings throughout the week. There are also classes in meditation, mudras, Sanskrit chanting, reiki, Indian philosophy and much more. Further, spiritual discourses will be held by revered spiritual leaders from India and abroad. There will also be cultural dance/music performances highlighting the culture of this Himalayan Garhwal region as well as Odissi and South India style. The official inauguration took place at 11:00 am and was graced by the presence of Chief Guest Shri Mahesh Sharmaji, Minister for Tourism, Government of India, many revered spiritual leaders, saints and all the yogacharyas and presenters.

Sadhvi Bhagawati Saraswati gave the official welcome and there was an impressive, awe-inspiring yoga demonstration by the rishikumars of the Parmarth Gurukul and a mesmerizing yoga dance by Deepika Mehta of Mumbai, yoga teacher to Bollywood superstars. A group from China also put on a beautiful Chinese yoga dance. There were special blessings by Pujya Sri Shankaracharyaji Swami Divyanand Teerthji, Pujya Swami Chidanand Saraswatiji, Pujya Sri Mooji, and Pujya Sri Prem Babaji.

Returning yogacharyas Laura Plumb, Tommy Rosen and Janet Attwood shared what a great gift and blessing it is to come "home" to Parmarth Niketan and take part in this special one-of-a-kind festival. They all deeply appreciated Pujya Swamiji and his mission throughout the world. Janet mentioned that she presents at conferences all over the world, hundreds of conferences and yet coming to Parmarth is truly uniquely divine and it is the only place which really feels like home.

Tommy Rosen said: "Collectively we can all say that we have tried everything from drugs, alcohol, sex and every kind of distraction but now we are all here together in this International Yoga Festival to really reflect on the verse in Patanjali's yoga sutras that reminds us ...and now Yoga.' So I encourage everyone to delve deep into this experience and open themselves up to this union — this Yoga."

Dr. Mahesh Sharmaji, Minister of Tourism for the Government of India, New Delhi said: "I really salute all of who are here and who made this event take place. I salute Pujya Swami Chidanand Saraswatiji who made this event happen and has been continuing it for 16 years, and whose thought process is Giving is Living and Sharing is Caring. The word Parmarth means that which has been made for others, not for yourself. This niketan, this ashram, this place has been made for others, and others does not mean a specific person, caste or creed but for the whole humanity around the world, a glimpse of which we have here with people from nearly 60 countries. We are in the right place, where Pujya Swamiji has created and maintained this vision for such a long time. You, yogacharyas, are the ambassadors of Indian culture, Indian mythology, Indian spirituality and Indian divinity to all corners of the world. This is the vision of my 3 ministries – to take what we have been given here in India and to share it with all corners of the world."

Pujya Swami Chidanand Saraswatiji explained, "Yoga is union. It is not just union of our heads to our knees or our hands to the floor. It is union of the self to the Divine. Here during this week, don't focus only on making your bodies strong and flexible, but focus on making your inner self strong and flexible." He further emphasized that, "Uttarakhand is the birth place of yoga and you are all the chosen ones to be back here to imbibe the divine science."

Tourism Secretary of Uttarakhand, Umakant Panwar said "Being here today with you is truly such a unique and satisfying experience and one that the Government of Uttarakhand, which I represent, has envisioned for all. While Yoga is greatly beneficial in its own way, just being here on the banks of Ganga in Rishikesh to experience the sacred culture of Uttarakhand and India is only possible with the vision and blessing of our great visionaries and revered saints, like Pujya Swamiji."





Pujya Sri Mooji said: “My path, the path of Advaita to me is ultimate Yoga because Yoga shows us that that which seems separate and different is actually one and indivisible, and not just theoretically but as our own experience. I sincerely hope that this is your experience here at Parmarth Niketan for this International Yoga Festival. It’s truly a great pleasure to be here again this year to see lots of familiar faces and many new faces but all as one family.”

Sadhvi Bhagawati Saraswati, Director of the International Yoga Festival, told all the participants: “You have all been called here to India, to Uttarakhand, to the holy banks of Mother Ganga for a special reason. This is not like a yoga conference in London or Paris or New York or Sydney.

In this sacred land of Rishikesh, you not only receive teachings but you also receive the divine touch and divine transformation. The sage Patanjali described eight limbs of yoga, beginning with the yamas and niyamas and ending with samadhi or divine ecstasy. Here at this unique festival, we aim to provide classes and programs that give you teachings and experiences of the first seven limbs. The eighth, samadhi, happens by the grace of Mother Ganga.”

Participants were so enthusiastic and ecstatic to be in such a beautiful and sacred place and to have the opportunity to study with such revered masters.



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*“I think this festival is wonderful, and will be a transformative experience.”*  
– Leland Savage, Los Angeles, USA

*“Wow! This experience has been intense, so beautiful, I feel truly blessed to be here. What a wonderful gift.”*  
– Elenora Moraas, Sao Paulo, Brazil



# DAY ONE:

# 1

## *The International Yoga Festival Begins With Programmes and Classes that Promote Togetherness*

The first day, the morning began at 4:00 am with Kundalini Sadhana, Exploring the Realms of Consciousness by Sukhmandir Singh Khalsa of California, USA and Osho Dynamic Meditation at 5:30 am by Chris Miglino of Los Angeles, USA. At 6:30 am, the offerings included: Traditional Hatha Yoga by Sadhvi Abha Saraswati, Experiences with the Rising Sun by Padmashri Bharat Bhushan, Meditation by Chandanni Miglino originally of Iran and now from California, USA and also by Maa Gyaan Suveera. There was also Somatic/Feldenkrias Movement by Brian / Siddharth Ingle of Ireland.

After a beautiful breakfast, the morning asana special class included a 2-hour program of yoga taught by five different yogacharyas, for 25 minutes each, so all of the participants could sample a bit of the different offerings of the Festival. This special session of a "Union of Yoga" on the banks of Mother Ganga was led by: Gurmukh Kaur Khalsa, Tommy Rosen of California, USA, H.S. Arun of Bangalore, Anand Mehotra of Rishikesh and Vishwaketu of Rishikesh and Canada.

Followed by a grand and special Inaugural Ceremony graced by the presence of Chief Guest Shri Mahesh Sharmaji, Minister for Tourism, Government of India, many revered spiritual leaders, saints and all the yogacharyas and presenters.

Highlights of the afternoon sessions included Sufi Meditation by Mert Guler of Turkey, Jyotish by

Komilla Sutton of USA, a talk on yoga for diabetes management by Radhika Nagrath, Buddhist Meditation by Ven. Bhikkhu Sangasena, Ashtanga Yoga by Deepika Mehta and Mark Robberds of Australia, devotional kirtan with Daphne Tse of Malaysia, and a beautiful discourse on the qualities of a true Yogi by Radhanath Swamiji.

In the evening, all participants took part in the sacred and divine world famous Ganga Aarti ceremony at Parmarth Niketan followed by a beautiful Odissi Dance performance by Anita Babu and her troupe, Odissi Natya Sala. They did gorgeous performances on MahaKali Stuthi and Nadi Narayani. The Nadi Narayani dance portrays the River, and symbolically all water bodies, as a Vedic Goddess, referencing the sacred rituals as well as the tragedy of current devastation. The message is very clear – we need to protect water and our water bodies as a prime source of Life.

After the riveting performance, Dr. HRN Nagendra, Vice-Chancellor of the Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), a renowned university in Bangalore with research as a focus, shared his inspiring and deeply motivating words of wisdom on the Science of Yoga. He revealed countless studies and research which illustrate how incredibly effective Yogic practices can be to aid a number of prevalent diseases, such as Diabetes and Obesity.









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# DAY TWO:

# 2

## *A Day of Enchanting Talks, Energizing Classes, Fun and Friendship*

The second day of the International Yoga Festival began with 4:00 am Kundalini Sadhana by Gurushabd Singh Khalsa followed by the pre-breakfast classes including: Lila Yoga Sun Salutations with Erica Kaufman of Pennsylvania, USA traditional hatha ashtanga yoga with Sadhvi Abha Saraswati, a meditation by David Wei, renowned yogacharya from China, and “Pain-free Body, Stress-free Mind,” with Dr Krishna Raman & Dr Fharzana Siraj of Chennai.

After breakfast, the morning intense asana classes took place with Gurmukh Kaur Khalsa of California, USA teaching Kundalini yoga, Tommy Rosen teaching about how to move from addiction through yoga, Sri H.S. Arun of Bangalore teaching forward bends in Iyengar Yoga, and Laura Plumb of San Diego, USA teaching Hanuman Namaskar – including asana, mantra and kirtan. Also Mark Robberds of Australia and Deepika Mehta did a joint class in the traditional Mysore Series of Ashtana Yoga.

While teaching Hanuman Namaskar, Laura Plumb explained: “As the Son of Vayu, Hanuman represents the power of prana, and the power of a mind turned inward to the light of the heart. Focus your mind on that light within, and breathe into that power. Feel your divine self alive and true.”

H.S. Arun, renowned Iyengar Yoga teacher from Bangalore explained: “Yoga is not workout it is working in. Yoga is not about burning calories it is to preserve energy by stopping the seeping energy.”

Chandanni Miglino of Iran explained, “We’ve traveled here for all corners of the earth to come together in celebration of Life, of truth of Unity. What better way than to bow together towards our heart in recognition of the tie that binds, our Divine Breath. We are here together in one of the greatest gatherings of Unity and peace on earth at the International Yoga Festival at the beautiful and sacred Parmarth Niketan Ashram.”

After the intense asana classes, the participants had the wonderful opportunity to listen to renowned and revered saints Pujya Sri Shankaracharyaji Swami Divyanand Teerthji and Pujya Radhanath Swamiji

give inspiring and uplifting spiritual discourses. Pujya Radhanath Swamiji spoke on maintaining equanimity in the face of turbulence in life. He shared beautiful stories of yogis at the end of their lives experiencing true, divine bliss, and how we should live every moment like it may be our last and simply immerse ourselves in the flow of bhakti and love. Pujya Sri Shankaracharyaji spoke about the message and meaning of yoga as found in the Vedas and how it truly leads to oneness. He emphasized removing the “isms” which divide us by culture, religion and country, and focusing on our essential oneness for true peace – inner and outer. Following the discourses the saints graciously took questions from the captivated audience.

After enjoying their lunch, some highlights of the afternoon included Sufi meditation by Mert Guler of Turkey, Jyotish with Komilla Sutton of USA, Yoga Therapy with Mohan Bhandari originally of Rishikesh and now from China, Shinto Yoga with Hikaru Hashimoto of Tokyo, Ganga Flow meditation with Sadhvi Bhagawati Saraswati, Self-Inquiry – Undoing Limiting Beliefs with Janet Attwood and a class on Kundalini Yoga – finding the pharmacy within by Tommy Rosen.

Sadhvi Bhagawati Saraswati, in the Ganga Flow Meditation class, explained, “Just as the waters of Mother Ganga flow and flow, never getting stuck, continually dynamic, and yet with an essence that is eternal and unchanging, so our consciousness and awareness should flow – present with each changing moment, yet rooted in an eternal, unchanging essence of the Self.”

Tommy Rosen said, “Feelings left unprocessed are buried alive! They will act as an energetic blockage to the happiness and health of an individual. Later, if left unprocessed, these energetic blockages will cause a variety of emotional and physical symptoms, which will get more and more serious unless the person shifts onto a path of healing. The minute you start to look away from discomfort, pain and trauma is the minute you allow the seeds of addiction to be planted. We habitually avoid the present moment. That has become our addiction. In the final analysis, we are primarily addicted to looking away.”



Dinner was followed by a satsang and question-answer session with Pujya Sri Shankaracharya, Swami Divyanand Teerthji, Pujya Swami Chidanand Saraswatiji and Sadhvi Bhagawati Saraswatiji in which the participants opened up their hearts and asked questions about a wide range of topics ranging from Indian philosophy and culture to personal, intimate questions about their own lives and how to live in a peaceful, yogic way. Even when it was time to end at 9:30 pm, there were still participants with their hands in the air to ask more and more questions and receive wisdom, inspiration and guidance.



*"I'm very happy. As a yoga teacher it's a dream to come to Parmarth Niketan for the International Yoga Festival." – Paola Acuna, Montvale, Uruaguay*

*"It's a magical experience to be at the Yoga Festival with folks from 55 counties all following the yogic path. My heart swells with love being here."  
– Sue Melbourne, Pennsylvania, USA*

*"Yoga is my hobby. I want to learn as much as I can here during the IYF. This is my second time to the festival and it's wonderful to be here again."  
– Rashmi Kochar, Ranchi, India*











# DAY THREE:

## *Uttar Pradesh's Respected Governor, Saints, Yogacharyas and Dignitaries Come Together*

# 3

The morning of the third day began with Kundalini Sadhana with Sukhmandir Singh Khalsa in which he explained, "Happiness is a natural state of consciousness. Everything else is disease. Everything else is imbalance. Happiness is who we are, what we are. This is our birthright."

Highlights of the morning classes included Indea Yoga Foundation: Co-ordinating Body, Breath & Mind through asana by Bharath Shetty of Mysore, Painless Spine: Twisting to Backbends with anatomy & biomechanics of Hatha Yoga by Yuva Dayalan of Hong Kong and T.K. Krishnan, and the Art of Love, Yoga and Meditation with Chandanni Miglino.

Bharath Shetty of Mysore, explained: "Nā hathath, nā bhalath' (no force, no pressure). Connect every movement of your asana with your breathing.... Feel the yogic energy around you at Parmarth and connect yourself with the bliss of Himalayas and the flow of Ganga "

The morning intensive classes included Jivamukti Yoga by Jules Febre of New York, USA, mantra meditation with Surakshit Goswami, Iyengar Yoga twists with H.S. Arun, Bharat Yog with Padmashri Bharat Bhushan, and Kundalini Yoga class on Appreciation and Gratitude by Gurmukh Kaur Khalsa.

These intense classes were followed by a beautiful bhakti-filled discourse on the "Yoga of Love" by Radhanath Swamiji and a discourse on "Life as Yoga – Living in Union," by Sadhvi Bhagawati Saraswati.

Radhanath Swamiji shared beautiful stories from the life of Bhagawan Shri Krishna and stanzas from the Bhagavad Gita and the Srimad Bhagavatam which emphasize that the practice of devotion, full, complete, surrendered love for the Divine, is the highest and most complete path of Yoga. He shared the story of the telling of the Srimad Bhagavatam here on the banks of the Ganga, and emphasized how blessed the participants are to be in the same place.

Sadhviji explained that "The problems in our lives are caused by the artificial borders we erect between different aspects of our lives — this is my spiritual

time, this is my work time, this is my family time. Then we try to 'balance' those aspects and it leads us into stress management classes or onto anti-anxiety medicine. When we realize, instead, that everything is our spiritual life — whatever we do, wherever we go, whomever we're with — it's all part of the sadhana of seeing the Divine in everything, it's all a sadhana in love, peace, presence and true, divine union, then the stress disappears, the depression disappears and the Self appears."

After lunch, the participants had the opportunity to take part in a program on Yoga in Life – Finding Your Passion with New York Times bestselling author Janet Attwood, a beautiful Sanskrit mantra chanting workshop with Anandra George, a Rumi love meditation with Mert Guler and Shinto Yoga with Hikaru Hashimoto.

This was followed by a deep satsang with renowned spiritual leader Shri Mooji, originally from Jamaica and now living in Portugal. In a beautiful advaita Vedanta format, Sri Mooji took questions from the audience which he turned back onto the seeker, sending him/her deeper into the inner quest to find that ever-present answer within, and simultaneously to realize that there is no questioner, there is no answer-er and there is no question....

In the evening, all participants took part in the sacred and divine world famous Ganga Aarti ceremony at Parmarth Niketan which was graced also by the presence of the Hon'ble Governor of Uttar Pradesh Shri Ram Naikji who came from Lucknow on Pujya Swamiji's invitation just to experience the divine festival. He was so deeply impressed and glad to see the nearly 1000 participants from 55 countries.

After the divine Ganga Aarti, the participants were treated to a special sound and chanting program with Regula Curti of Switzerland who has produced beautiful DVDs with Tina Turner, and then an enthralling dance performance by the rishikumars of the Parmarth Gurukul. By the end of the night all the participants were dancing joyously on the stage with our Rishikumars.



*"I have been coming for 8 years now and I keep having a better experience. I already can't wait for next year. To experience so many different types of yoga and spiritual practice on the banks of Ganga is such a blessing!"*

*– Mira Khagram, Nairobi, Kenya*

*"The Yoga Festival is amazing! It is so much more than I expected" – Eric Dorfman, New York, USA*

*"This is my first time to IYF and so far it has exceeded any expectations..For me it's a platform to discover myself."*

*– Mary O'Brien, Melbourne, Australia*













## हिन्दुस्तान

तरक्की को चाहिए नया नजरिया

गंगा रिसोर्ट में योगमुक्त गाथा उषा ने साधकों को कराया योगाभ्यास से दूर रहती हैं

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## LNV

LIVE | NEWS | VIDEOS

Breaking News :

Live News Videos अंतरराष्ट्रीय राष्ट्रीय राजनीति खेल बाजार मौसम उत्तर प्रदेश उत्तराखंड

अधिकेश: योग महोत्सव में शामिल हुए यूपी के राज्यपाल

अधिकेश: योग महोत्सव में शामिल हुए यूपी के राज्यपाल

अधिकेश: योग महोत्सव में शामिल हुए यूपी के राज्यपाल

# अमर उजाला

हरियाणा | दिल्ली | चंडीगढ़ | पंजाब | उत्तर प्रदेश | उत्तराखंड | हिमाचल | जम्मू-काश्मीर

देहरादून | बुधवार | 4 मार्च 2015 50 पृष्ठ ₹ 4.50 उड़ान सीट

## नई स्फूर्ति के लिए जरूरी है योग...

अमर उजाला ब्यूरो

अधिकेश। जीएमवीएन के गंगा रिसोर्ट में अंतरराष्ट्रीय योग महोत्सव के तीसरे दिन साधकों ने योग और आयुर्वेद का महत्व जाना। बताया गया कि दोनों हृदय रोग को दूर कर जीवन को नई स्फूर्ति और ऊर्जा देते हैं। इस दौरान देश-विदेश से आए योग जिज्ञासुओं को हठ, राज, भक्ति और कर्म योग के साथ आसन, प्राणायाम का परिचय दिया गया।

जीएमवीएन में मंगलवार को सुषह की कक्षाओं की हयन से शुरुआत हुई। योग गुरु डा. उत्तरिच बेरक ने अग्निहोत्र हयन के बारे में बताया। कहा कि इसमें कुंड, गाय के गोबर, गाय के घी के प्रयोग से वातावरण का शोधन होता है। जल और पृथ्वी इससे लाभान्वित होते हैं। योग गुरु जूषिन जेरेथेराटीमनेश ने अयंगर योग का प्रशिक्षण दिया।



परमार्थ निकेतन में अंतरराष्ट्रीय योग महोत्सव के तीसरे दिन योगासनों का अभ्यास करते विदेशी साधक।

बताया कि इससे शरीर, मस्तिष्क, सुष्टि व ज्ञान इंद्रियों का स्वस्थता के लिए आंतरिक शुद्धिकरण होता है। योगाचार्य ओषी तिवारी ने प्राणायाम की विधि और इसके रहस्यों पर प्रकाश डाला। बताया कि प्राणायाम से प्राणों की रक्षा होती है। डा. रोहित सेन ने बताया कि करोड़ों लोगों के स्वास्थ्य में योग क्रियाओं के निष्पन्न अभ्यास से सुधार आया है। जापानी गुरु

टस्टसुमो ओसो ने योग मुद्राओं की जानकारी दी। मक्ति पर निगम के प्रबंध निदेशक सी रविशंकर, महाप्रबंधक (पर्यटन) बीएल राणा, सीएम भंडारी, सुशील डिमरी, धीरेंद्र राजा, चंद्रकाता सरना, विरवनाथ बैलवाल, दीप्ती भंडारी मौजूद थे। डीआईटी के 36 विद्यार्थी शामिल: दून इंस्टीट्यूट ऑफ टेक्नोलॉजी दून के विद्यार्थी भी

साधकों ने जाना योग और आयुर्वेद का महत्व हठ, राज, भक्ति और कर्मयोग का त्रिविध प्रशिक्षण

जीएमवीएन में अंतरराष्ट्रीय योग महोत्सव का तीसरा दिन

जीएमवीएन में योग महोत्सव में योगिक क्रियाओं से रुबरू हो रहे हैं। कालेज के ब्रीटेक के 36 छात्र-छात्राओं का दल तीर्थनगरी आया है।

मंगलवार को उन्होंने योग के माध्यम से मानसिक तनाव को दूर करने का प्रशिक्षण लिया। विद्यार्थी दिवायन लेबधर, गंगा आरती और सांस्कृतिक कार्यक्रम का भी हिस्सा बने।



## योग महोत्सव में शामिल हुए राज्यपाल राम नाइक

अधिकेश। परमार्थ निकेतन में आयोजित अंतरराष्ट्रीय योग महोत्सव में मंगलवार को उत्तरप्रदेश के राज्यपाल राम नाइक शामिल हुए। आश्रम परिसर में ऋषिकुमारों द्वारा मंत्रोच्चारण के साथ उनका स्वागत किया गया राज्यपाल नाइक मंगलवार देर शाम आश्रम पहुंचे, उन्होंने सांख्यिकालीन गंगा आरती में भाग लिया। इस अवसर पर उन्होंने प्रधानमंत्री नरेंद्र मोदी द्वारा 21 जून को विश्व योग दिवस के रूप में मनाए जाने के निर्णय को सराहा। उन्होंने उत्तराखंड को देवभूमि के साथ ही योगभूमि की संज्ञा दी। बल्लिवुड अभिनेता डीनू मोर्चा ने भी आश्रम की गंगा आरती में भाग लिया। आश्रमाध्यक्ष स्वामी चिदानंद मुनि ने राज्यपाल नाइक और अभिनेता मोर्चा को शक्ति और रुद्राक्ष का पीथा भेंट किया। उधर, महोत्सव के तहत आयोजित योग, ध्यान और आध्यात्मिक कक्षाओं में देशी विदेशी साधकों ने प्रतिभाग किया। ब्यूरो







# DAY FOUR:

## *An Inspiring Day of Asana, Meditation, & Caring for the Earth*

# 4

On the fourth day, after the early morning Kundalini Sadhana with Gurushabd Singh Khalsa, the morning classes began with a Kundalini yoga inspired class on Flexible and Free with Kia Miller, Journey through the Chakras with Anand Mehrotra and a discussion of yogic diets with Padmashri Bharat Bhushan.

Kia Miller explained that: "Creating intelligence in the body leads to an intelligent approach to life. This class will take you on an exploration into your own innate power to create. Our work with the breath through pranayama helps us to dissolve the veil that covers our True self. Therefore, in the end, you will see that we are only uncovering that which is already there. That is the true state of Yoga."

After a beautiful breakfast in the gardens, the intensive classes included Jivamukti Yoga with renowned presenter Jules Febre of New York, Stretch the Limit Iyengar class with H.S. Arun of Bangalore, Turning to the Frequency of the Divine with Tommy Rosen, Devi Sadhana with Laura Plumb and Kundalini yoga class on Developing courage with world famous Kundalini Yoga teacher Gurmukh Kaur Khalsa.

The participants then had the wonderful blessing of inspiring and uplifting discourses by Puja Sri Shankaracharya Swami Divyanand Teerthji who spoke on the Gift of Peace and how to find it inside ourselves, and world famous eco-feminist Dr. Vandana Shiva who spoke on our Spiritual Union with Nature. The question-answer session following the discourses was full of enthusiasm and eagerness, and it was difficult to bring the enlightening session to a close.

Dr. Vandana Shiva spoke with passion and eloquence on the sacredness of our connection to Mother Earth and how losing that connection cuts us off not only from nature

but also from ourselves and from the Divine. She explained the deep connection between the soil, the gut (digestive tract) and the brain, and how when we pollute and toxify our soil, it negatively impacts our digestion and then leads to neurological and psychological issues in the brain. She said "Organic food is not a luxury. It is a vital necessity. All the chemicals and toxins are the luxury which neither our health nor our planet can afford."

Participants enjoyed a beautiful lunch in the sunshine, under the trees after nearly 3 days of rain!

Afternoon sessions included a deep question-answer session with Dr. Vandana Shivaji, following up on her lecture of the morning, during which she delved into many areas of spirituality and consumerism as it connects to the health of the planet and ourselves. There was also a special talk by Rujuta Diwekar, bestselling author, famous nutritionist and dietician to the stars, titled "Mitahar – the yama of eating," Chanting of the Sanskrit Alphabet with Anandra George, a chakra awakening meditation with David Wei, Indea Yoga Inversions with Bharath Shetty and an overflowing workshop with Dr. Vandana Shiva on How to be the Change You Wish to See.

Rujuta spoke passionately and convincingly about the correct way of eating which is the exact opposite of the deprivation and restriction so many "diets" espouse. Rujuta explained: "It is so important to bring back the lost wisdom about food. Yoga inspires us to eat local, fresh food using timeless recipes handed down from one generation to another. This allows us to have both the inner and outer environments in a state of balance and harmony, bringing us closer to the very purpose of yoga." Her talk was hugely popular and everyone walked away looking at their daily menus and their relationship with food in a brand new way.





This was followed by another beautiful, deep, inquisitive and thoughtful satsang question-answer session with Pujya Shri Mooji, in which he brought the questioners and the entire audience into a beautiful state of experiential understanding. After the satsang everyone took part in the sacred Ganga Aarti.

For the evening program there were cultural performances by Balinese Dancers Swara Semesta Balinese, led by Indra Udayana, titled "Bali-India Sangam: Sacred Art from the Paradise Island of Bali," and Dr. Prakriti Bhaskar who did a beautiful Bharata Natyam dance.





*"This is my first time attending IYF. I really enjoy meeting the beautiful people from all over the world."*

*- Bernd Jessel, Munich, Germany*

*"I attended the festival last year, this is my second time back. It's confirmed once again how good and intense these classes are."*

*- Rodrigo Canelas, Lisbon, Portugal*

*"This is my second year back at the festival. I am really enjoying the workshops, they are so powerful... The vibration is a great spiritual experience."*

*- Palomi Sheth, Los Angeles, CA*





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रिसोर्ट में इंटरनेशनल योग फेस्टिवल का चौथा दिन, पेमा बाबा ने साधकों को दिया डिवाइन लेक्चर

परमार्थ निकेतन में बही योग और ध्यान की त्रिवेणी

**सीखा योग**

- निराश नहीं है योग। सबको उसे ही योग ही है। अजगदीश
- योग-प्राप्त के बाद नहीं जानना कि अजगदीश ब्रह्मण्य

भगवान् ने पहले सातों ब्रह्मणे को योग जो ब्रह्मण्य जाना अजगदीश ही है। निराशने योग को ब्रह्मण्य जाना नहीं है। अजगदीश योग के प्रभु है

आशाश्वित १०-११ केन कथ एव कथी वं केन वं हूय • केशव

३. कृष्णा जो सोवू छडिदल से गिरल गयी, सबै प्रसन्न देखने लगे। • विन्दुमय

अपराधियों को इस तरह एक जगह से लेके वहीं छोड़ा जाता है। •



# आमर उजाला

## स्वस्थ शरीर, शांत चित मतलब जानिए योग

### योग ने मुझे नया जीवन दिया है...

## ऐसे करें संजीवनी और सूर्य क्रिया...

**प्रमोद उजवाल मूंडी**

**जीवकीर्ति में उल्लासपूर्ण  
शांत चित का विश्व है**

**आजकी ज़िंदगी में उल्लासपूर्ण  
शांत चित का विश्व है**

आज की ज़िंदगी में उल्लासपूर्ण शांत चित का विश्व है। योग ने मुझे नया जीवन दिया है...



**योग ने मुझे नया जीवन दिया है...**

मुझे जिंदगी में उल्लासपूर्ण शांत चित का विश्व है। योग ने मुझे नया जीवन दिया है...

**परमार्थ में योग, ध्यान**

परमार्थ में योग, ध्यान

**परमार्थ में योग, ध्यान**

परमार्थ में योग, ध्यान

[illegible][illegible]



# DAY FIVE:

## *A Day of Asana, Satsang, & Letting Go*

# 5

The fifth day began with 4:00 am Kundalini Sadhana led by Sukhmandir Singh Khalsa, an American Sikh and disciple of Yogi Bajan, and the focus was Exploring the Frontiers of Consciousness. The early morning, pre-breakfast classes included Ganga Yoga- With Asana, Pranayama and Mantra with Laura Plumb of California, USA, Journey from Here to There: The Five Koshas with Bhavini Kalan of South Africa, Journey from Here to There: The Five Koshas with Vishwaketu and traditional hatha yoga with Sadhvi Abha Saraswati and Indu Sharma.

In the Ganga Yoga, founded and taught by Laura Plumb under Pujya Swamiji's inspiration and blessing, Laura said: "Go with the Flow. Let Go & Let Ganga. Surrender to divine will. Open your heart and recognize its natural generosity. Let yourself be a river of love. Be the compassion we all seek in the world. Give and Forgive. Pujya Swamiji always says, "Ganga gives and she forgives." Ask yourself, by Ganga's example, what are you ready to forgive? How can forgiveness open the rivers of compassion in your own life? Ganga teaches us generosity of heart. She purifies our past, refreshes our soul, and carries us to the ocean of the heart. Through Ganga, we learn to be a river of love for the world."

In conjunction with Asana practice students were also taught the fundamentals of a proper yogic diet and overall lifestyle with Chandanni Miglino, originally from Iran and now living in the United States. In the "Integrated Whole Health Key to Freedom" Course Chandanni said: "We've traveled here from all corners of the earth to come together in celebration of Life, of truth of Unity. What better way than to bow together towards our heart in recognition of the tie that binds, our Divine Breath. Welcome to one of the greatest gatherings of Unity and peace on earth here at the International Yoga Festival at the beautiful and sacred Parmarth Niketan Ashram."

In the morning asana intensives, Deepika Mehta of Mumbai led the Mysore Ashtanga Series, H.S. Arun led the Iyengar Yoga class on Inversions to Balance Passion, Emotions & the Ego, Kia Miller led a Kundalini yoga inspired class on Radiant Body Kriya, Anand Mehotra, of Rishikesh India taught a

dynamic class entitled Opening the Ecstatic Gates to the Heart: Practice of Asana, Pranayama, Kriya, Mudra & Meditation, and Gurmukh Kaur Khalsa taught Kundalini Yoga class entitled Magnificent Grace. The students were, as always, enthralled by the depth and breadth of the teachings offered.

Anand explained that, "The goal of the Sattva Practice is to grow and evolve as human beings to our fullest capacity. Through our practice we transcend all limitations based on ideological differences. We heal and the planet heals with us."

After the intense asana classes, the participants had the unique and divine opportunity to listen to the renowned and revered saint Pujya Swami Dayananda Saraswati speak on "Know Thyself: The Inner Yoga of Wisdom." Despite weak health, Pujya Swami Dayanandaji came all the way to Parmarth for the Yoga Festival where his presence and words taught, touched and transformed the participants.

After a beautiful lunch, the participants had numerous offerings, including: "Your Hidden Riches," taught by New York Times Bestselling Author Janet Attwood where she discussed the ways to discover inner and outer abundance in life through aligning ourselves with our innate abilities and passions. Maa Gyaan Suveera taught about the ancient healing art and science of Reiki, Anjana Bhagat taught how to balance the Emotions through Aromatherapy Oils and Dr. Prakriti Bhaskar taught The Language of Indian Dance.

Also in the afternoon, the Honourable Minister of Urban Development Shri Pritam Singh Panwarji came to Parmarth to witness the beautiful festival and to discuss so many aspects of upliftment of Uttarakhand with Pujya Swami Chidanand Saraswati.

Before the close of the day, on the banks of Ganga participants were blessed with a satsang with Pujya Shri Prem Babaji from Brazil who spoke beautifully about the importance of love in our life. Participants also had the opportunity to ask questions that were so beautifully answered.









*"The IYF has raised my consciousness to a new level. I will go back to my community and try and help in any way to improve the environment"*

*- Jean Mann, Marin County, California, USA*

*"I came here because I do yoga. I do yoga because of all the scientific benefits, for my physical and mental well being. Also to gain wisdom and philosophy from people completely opposite backgrounds than me."*

*-Fergus MacTaggart, Brisbane, Australia*

*"I am here for the first time. I wanted to let go of my mind in mediation. Today I fully experienced meditation for the first time."*

*- Emily Scroope, Brisbane, Australia*

*"They have everything in the world here. I love the classes, lectures and the dance performances."*

*- Annie Hickman, Rockland County, New York*







In the evening, all participants took part in the sacred and divine campfire in honor of the holiday of Holi, which included a special Swaha, "letting go ceremony" led by Pujya Swami Chidanand Saraswatiji and Sadhvi Bhagawati Saraswatiji in which the participants opened up their hearts, let go, and made space for new beginnings during this divine season.













# DAY SIX:

## *IYF Participants Color Themselves in the Divine Colors of Holi*

# 6

The sixth day of the International Yoga Festival fell on the auspicious day of Holi. The day began with 4:00 am Kundalini Sadhana led by Gurushabd Singh Khalsa of Los Angeles CA. Sadhvi Abha Saraswati & Indu Sharma taught traditional Hatha Yoga Asana class with Sun Salutations and Mantra. Mohan Raj of China taught Vinyasa style class. Hikaru Hashimoto of Tokyo, Japan taught Paramita Dharma Yoga – Understanding the Heart Sutra and Zen Meditation.

In the intensive asana classes, Bharath Shetty taught an innovative Hip Opener and back bending asana class. H.S. Arun of Bangalore led a special unfolding backbend class, Mark Robberds of Australia taught an appropriately flowing Vinyasa class in the Ashtanga style/tradition and Gurmukh Kaur Khalsa & Kia Miller of California, United States led a Kundalini Yoga Class.

The classes culminated at 10:30 am with the sound of world renowned percussionist, Sivamani's glorious drumming and the presence of Pujya Swami Ramdevji. Pujya Swami Ramdevji and Pujya Swami Chidanand Saraswatiji joined the nearly 1000 participants from 60 countries in a beautiful and joyous Holi celebration to the sound of drumming by Sivamani and singing by Sivamani's wife Runa. For nearly two hours the participants danced and played Holi with eco-friendly, organic colors. Beautiful and inspiring Holi messages were given by Pujya Swami Ramdev, Pujya Swami Chidanand Saraswati and Sadhvi Bhagawati Saraswati. Lastly,

all the participants took a pledge that they will celebrate the International Yoga Day of June 21 in their respective countries by taking back the great teachings and touch from Rishikesh! All participants raised their hands in this pledge.

After enjoying their lunch sitting on tables in the sunshine and dining tents, some highlights of the afternoon included: Daphne Tse of Malaysia led sacred chanting in her Soulsong Moving the Chakras class, Laura Plumb of USA taught a Hanuman Namaskar class with her unique and elegant style, New York Times bestselling author Janet Attwood led a program in Yoga of the Mind, Yuva Dayalan of Hong Kong led a special class in inversions and arm balances, Brian Ingle led Somatic Yoga Flow, renowned yoga teacher to the Bollywood stars, Deepika Mehta had everyone dancing divinely during her Dance of Prana class, Maa Gyan Suveera taught her beloved Reiki class and Mohan Bhandari of China (originally from Rishikesh) led a popular YogiYoga class on the Ganga Ghat.

After the sacred Ganga yagna and aarti ceremony in which everyone participated with great love and devotion, world famous drummer Sivamani gave a magnetic, energetic and ecstatic drumming concert with his beautiful wife Runa singing. There was also a Chinese Cultural Performance by some of the Yoga Festival participants from China.













*"As I enter the amazing Parmarth Niketan Ashram and once again join the International Yoga Festival, my heart swells with Love as my devotion to harmony is united with kindred spirits. Together we swim in sweet pure energy, elevating our awareness, clear strength, and peaceful courage to let our true Self shine. Life is a treasure...Live it with Love and unlock all the secrets." - Erica Kaufman, Pennsylvania, USA*

*"My favorite thing has been waking up to the bells and morning prayers while lying in my bed in my room. I'll carry that memory with me for the rest of my days."  
- Susan Koleff, Calgary, Canada*

*"I came to the festival with the question and the curiosity for knowing 'What is Yoga.' Throughout this week I have learned so much about Yoga and with the insights, wisdom and experience of the presenters and the saints I have learned how to balance between spiritual and material world. I am forever grateful. This experience has opened my eyes in so many ways and helped me realize there is so much work to be done and so much that I can offer."  
- Jackie Nguyen, California, USA*

*"I feel so blessed that I am in this place, sharing amazing classes and energy with amazing people. The festival is really well organized and beautiful."  
- Dina Reis, Portugal*





# DAY SEVEN:

# 7

## *The International Yoga Festival Closes with the Governor of Uttarakhand & Renowned Yogacharyas*

The seventh day of the IYF brought the festival to a close at Parmarth Niketan. The concluding ceremony took place at 11 am and was graced by the presence of Chief Guest the Honourable Governor of Uttarakhand, Shri Krishna Kant Palji, Pujya Swami Chidanand Saraswatiji saints and all the yogacharyas and presenters. Yogis from nearly 60 countries joined hands together in pledging themselves to spread the message of yoga in their cities and countries across the globe.

Sadhvi Bhagawati Saraswati, Director of International Yoga Festival, gave the welcome and expressed her joy at the successful completion of the 7 day Festival with nearly 1000 participants in which there were classes from 4:00 am until 9:30 pm with nearly 60 revered saints, yogacharya, presenters and experts from nearly 20 countries around the world. She said, "Together we learned, and we were transformed. We meditated, and we celebrated. We prayed and we played. We had 7 days of true Yogic union, a union of countries, of cultures, of colors and of creeds. The motto of our state is Uttarakhand: Simply Heaven. It is Safe Uttarakhand and Sacred Uttarakhand."

Yogacharyas Kia Miller from California, USA and Erica Kaufman from Pennsylvania, USA shared their feelings of being here on the banks of Mother Ganga, in the lap of the Himalayas at Parmarth Niketan.

Erica Kaufman shared: "The festival has truly been a union and I am deeply thankful to Pujya Swamiji, Sadhvi Bhagawati and all of my Parmarth family for putting this beautiful festival together and connecting us all one global family. When we come to Parmarth Niketan's International Yoga Festival, we are reaffirming the good. We can get so entangled in our minds, and conflicts can seem so real. When we come together to do our yoga practices here, we reinforce our unity and commonality."

Kia Miller shared: "There is one word to sum up my experience at the International Yoga Festival at Parmarth Niketan, that is GRATITUDE. This has been my second year and this year has been much deeper than the last. One of the most magnificent

things about Parmarth Niketan's International Yoga Festival is the presence of Mother Ganga and the Ganga Aarti Ceremony that we do every night in reverence of nature. This instills in us the deep message of the importance of preserving mother nature so we can all enjoy the bounties of nature for generations to come. I urge everyone to make the International Yoga Festival an annual event in their lives, to come back and deepen their experiences, year after year."

Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan and inspiration behind the International Yoga Festival shared: "These days of the International Yoga Festival were filled with people from all nations, creeds, casts colours and religions. When we played Holi together- Holy Holi- I could see the true spirit of India, which is vasudhaiva kutumbakam: the whole world is our family. We may be from different traditions and cultures, but here, in the spirit of yoga, all is one. Yoga is beyond religion. It gives us the connectedness of one thread. It makes us realize we are all one. Yoga will make you a better Muslim, a better Hindu, a better Christian, a better Sikh, a better Jain and a better Jew. It will make you better whatever your religion is, for the fruit of yoga is bliss."

Pujya Swamiji also inspired all the participants from 60 nations to take the beautiful opportunity of International Yoga Day to spread and share the teachings they have received here in International Yoga Festival. He said: "I want you all, everyone from all 60 nations, on June 21st, which is World Yoga Day, to go back and celebrate yoga where ever you may live. Celebrate to spread the peace. Celebrate to inspire more to take up yoga. Celebrate to bring togetherness to our entire world family. For yoga is beyond religions, yoga is beyond nations and yoga is beyond boxes, and we call all share this spirit, as exemplified by our Honourable Prime Minister, so that lives may be turned from toxic to tonic, and from junk to javik."

The Honourable Governor was so touched and appreciative of the great work being done at Parmarth Niketan by Pujya Swami Chidanand Saraswatiji. He said, "Parmarth Niketan's



International Yoga Festival is a global and unique event that brings masters from so many backgrounds and cultures to this sacred place.... With the blessings of Pujya Swami Chidanand Saraswatiji, Parmarth Niketan has blossomed into a world class institution that brings spiritual growth and bliss to people from around the world. I convey my deepest appreciation to Pujya Swamiji for His deep commitment towards bringing about world peace.”

The Honourable Governor also said: “I truly believe that the awakened consciousness through a yogic life is the first step to a compassionate society. I formulate that this international event will grow even more popular in the coming years bringing in more and more seekers from all over the world to learn the beautiful art of life called Yoga. I wish this institute all the very best and a huge success for the forthcoming venture of the International Yoga Day.”

There was a beautiful yoga dance from a group from China and also C.P. Yogaraj of Hong Kong who just broke the Guinness Book of World Records for the longest continuous yoga demonstration also gave a beautiful demonstration. C.P. Yogaraj did continuous asanas for 40 hours, more than 1500 asanas to break the record in Hong Kong! Honourable Shri Narendra Modiji was so impressed that he shared this remarkable feat on his twitter account.

Pujya Swamiji, the Hon’ble Governor, Pujya Prem Baba and Pujya Lama Thupten offered sacred rudraksh malas (necklaces to all the yogacharyas)

Also, new books by Tommy Rosen on using yoga as a tool for recovery and H.S. Arun on utilizing the chair in yogasanas were released by the hands of the Governor.





Today's 4:00 am Kundalini Sadhana was led by Sukhmandir of Los Angeles CA, Kundalini Teacher with over 30 years' experience. Students were treated to a wonderful Deep Vinyasa class led by Mohan Raj originally of Mysore India, now residing in China, Yuva Yoga with Yuva Dayalan of Hong Kong, Somatic Yoga Flow with Brian Ingle of Ireland.

After breakfast, Tommy Rosen of Venice CA USA, taught a powerful class entitled "The First and Last Thing You'll ever do access the keys to the Kingdom where students learned the yogic teachings and tools to incorporate into their daily lives. HS Arun, a world renowned Iyengar instructor taught the group of students a very informative class on Yoga in Day to Day Life. Mark Robberds and Deepika Mehta led the Mysore Style Self Practice and world famous Kundalini Yoga Teacher Gurmukh Kaur Khalsa taught a class on the Yoga Ghat, facing the banks of the beautiful Ganga entitled "The Joy of Togetherness."

In the afternoon Mert Guler of Istanbul Turkey taught a heart opening class based on the teachings of Rumi entitled "Rumi Love Meditation," Mohan Bhandari taught Yogi Yoga, Malayaja Garga gave a lecture on the Bhagavad Gita, Sadhvi Abha Saraswati taught Vedic Chanting, Erica Kaufman of Pennsylvania, USA taught her signature Lila Yoga, Bharath Shetty taught Indea Yoga with focus on twists and Forward bending. Keeping in the divine flow of the day, Laura Plumb taught "Ganga Yoga" combining Asana, Pranayam, and Mantra. Kia Miller of Venice CA taught a wonderful movement class entitled Pranic Body Balance.

In the evening, all participants took part in Ganga Aarti Ceremony where everyone gathered together to close out what was a truly magical week of transformation, rejuvenation, and exhilaration, and most of all UNION. After Aarti there was a wonderful cultural dance performance by Sharmila Bhartari and girls from schools in Dehradun.





# *The Yogis for the River Ganga Declaration to Protect and Preserve the Lifeline of Millions*

*We, the people of the world, do hereby unite  
to take a stand for the majestic and holy Ganga River.*

*It is from the banks of the Ganga that the art and practice of yoga was born.  
Her waters have supported the growth of civilizations, have inspired poets, saints and sages.  
She is the lifeline for some 500 million people, as well as for countless species  
of plants and animals, some of which can be found no place else on this Earth.*

*We, as travellers to and within India, expect Her waters to be clean and serene.  
We expect them to nourish us and to inspire us.*

*Yet, we see rubbish mar Her banks and lyrical flow. We learn of billions of litres of sewage and  
toxic chemicals that are permitted to foul Her waters every day. In some places, we are  
startled to see that there is no Ganga at all, because Her waters have been diverted or  
extracted to the point in which there is nothing left but dry rocks and parched dreams.*

*The Ganga is a global symbol, which ties us all together.  
She is a reason for our travels, the muse of countless songs.*

*We feel Her pain as our own.*

*The pollution and depletion of the flow of Mother Ganga is not just violating Her rights,  
but violating the rights all people and beings who depend on Her and travel to see Her.*

*We have gathered to commit ourselves towards protecting the Ganga and Her tributaries  
and to recognize Her rights to flow free and clean in order to nourish us,  
as well as to provide healthy lives and sustainable livelihoods for all who depend on Her.*

*Today and hereafter, we raise our voices in the spirit of peaceful fellowship,  
so that the glorious Ganga River might be protected and preserved for this and  
all future generations through the coming together of all people.*

*We hereby declare, Ganga's Rights are Our Rights, and we urge Parliament to pass  
the National Ganga River Rights Act, so that all may have access to plentiful, clean water.*

*We also affirm that all water is our water and will do all we can to protect and  
preserve the rivers and water sources of our home areas, and to protect the environment  
through sustainable practices such as the planting of trees wherever in the world we may live.*

BE A YOGI FOR THE RIVER GANGA  
SIGN THE PETITION FOR GANGA'S RIGHTS  
CLICK [WWW.GANGAACTION.ORG](http://WWW.GANGAACTION.ORG)



## 42





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## International yoga festival concludes

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16:27 HRS IST

Rishikesh, Mar 7 (PTI) The curtain came down today on the week-long International Yoga Festival at the Parmarth Niketan Ashram here with Uttarakhand Governor K K Paul describing yoga as a beautiful art of life which leads to a state of awakened consciousness.

"I truly believe that the awakened consciousness through a yogic life is the first step to a compassionate society."



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## International yoga festival concludes



Rishikesh: The curtain came down today on the week-long International Yoga Festival at the Parmarth Niketan Ashram here with Uttarakhand Governor K K Paul describing yoga as a beautiful art of life which leads to a state of awakened consciousness.

"I truly believe that the awakened consciousness through a yogic life is the first step to a compassionate society."

"This international event will grow even more

popular in the coming years bringing in more and more seekers from all over the world to learn the beautiful art of life called Yoga," Paul said at the conclusion of the annual event.

Yogis from nearly 60 countries also joined hands on the occasion to pledge themselves to the cause of spreading the message of yoga in their cities and countries across the globe.

Showering praise on Parmarth Niketan chief Swami Chidanand Saraswati for organising the "wonderful" event, the Governor said, "It is a global and unique event that brings masters from so many backgrounds and cultures to this sacred place... With the blessings of Pujya Swami Chidanand Saraswati, Parmarth Niketan has blossomed into a world class institution that brings spiritual growth and bliss to people from around the world."

"I convey my deepest appreciation to Pujya Swamiji for his deep commitment to bringing about world peace," he said.

अभीतक  
न्यूज

Sunday, 08 March, 2015

मुख्य पन्ना राष्ट्रीय व्यापार खेल मनोरंजन फोटोगैलरी ऑप्स ऑक्स संपर्क प्रेस विज्ञापन NewsVair English

मोहनजींदरों में न्यूज नजर आयेगी क्रिकेट • राष्ट्रपति, प्रधानमंत्री ने दी होली की शुभकामनाएं

धर्म - संस्कृति

## ऋषिकेश में गंगा तट पर लगा योग का मेला

March 07, 2014 09:59 AM



ऋषिकेश • नरद्विजय यादव • ऋषिकेश में मार्ग का प्रथम सप्ताह योग के नाम रहता है। वैसे तो पूरे वर्ष ही यहां कई आश्रमों में योग की कक्षाएं चालू रहती हैं। परंतु 1-7 मार्ग की अवधि में योग का विशेष आयोजन होता है। पिछले चंद्रह वर्षों से परमार्थ निकेतन में अंतर्राष्ट्रीय योग महोत्सव का आयोजन होता आ रहा है। पहले उत्तराखंड सरकार का पर्यटन विभाग इस आयोजन की आर्थिक सहयोग देता था। हालांकि पिछले वर्ष से सरकार ने अपने गंगा रिसॉर्ट में स्वयं ही इसका आलग आयोजन शुरू कर दिया। ऋषिकेश के सबसे बड़े आश्रम परमार्थ निकेतन का योगा कैम्पसल सबसे बड़ा और प्रभावी है। इस बार इसमें 51 देशों के 600 से अधिक प्रतिनिधियों व शिक्षासूत्रों ने हिस्सा लिया। दूसरी ओर गंगा रिसॉर्ट में प्रविष्टियों की संख्या तो एक हजार रही, परंतु

हिन्दी

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• विश्व 101 का 10 अंक

विश्व 101, 2014 का 10वां अंक का सम्मान

10 वीं अंक का अंक

## योग बना बड़ा कारोबार



विश्व 101, 2014 का 10वां अंक का सम्मान

काशी, 7 मार्च (PTI) योग का कारोबार बड़ा हो रहा है। योग और योगी के नाम से ही योगी लोग बड़े पैमाने पर पैसा कमा रहे हैं।

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## India

## Yoga Enthusiasts, Teachers, Spiritual Leaders Attend International Festival in Rishikesh



Around 1,000 participants from 55 countries attended the 16th annual International Yoga Festival which began March 1 at Parmarth Niketan Ashram in Rishikesh. The week-long festival offered more than 60 classes in various forms of yoga as well as mudras, Sanskrit chanting, Reiki, Indian philosophy and discourses by revered spiritual leaders from India and abroad. The cultural segment included dance and music performances highlighting the culture of the Himalayan Garhwal region as well as Odissi and South Indian forms. The festival was inaugurated by chief guest Mahesh Sharma, minister for Tourism, Government of India, many revered spiritual leaders, saints and all the yogacharyas and presenters. Sadhvi Bhagwati Saraswati, director of the festival, welcomed the guests and participants, followed by a yoga demonstration by the rishikumaras of the Parmarth Gurukul, a yoga dance by Deepika Mehta of Mumbai, yoga teacher to Bollywood superstars, and a Chinese yoga presentation.

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TIMES NATION

# International yoga fest at Parmarth Niketan ends

Shivani Saxena  
@timesgroup.com

**Rishikesh:** The week-long International Yoga Festival at Parmarth Niketan here concluded on Saturday. Governor KK Paul lit the lamp at the valedictory session.

In the backdrop of a slow-moving Ganga and snow-capped Himalayan peaks, participants from 60 countries listened in rapt attention to acclaimed Yoga instructors from across the world all through last week.

Speaking with TOI, festival director Sadhvi Bhagwati Saraswati said, "The festival



An artiste performs during the International Yoga Festival

will remain etched in the participants' memories for a long time. Imagine 60 teachers and over a thousand enthusiasts from across the globe practising Yoga together."

Emphasizing on the far-

reaching benefits of the festival, Sadhvi Saraswati said, "All the attendees have pledged to share the knowledge of yoga they learnt here on the International Day of Yoga on June 21. In a way we can say, our ambassadors in over 60 countries will be now spreading the message of yoga further."

Toril Brommeland, a participant from Norway, said, "I have come to India for the first time — only to attend this yoga festival. I loved it intensely and will come again whenever it is scheduled next."

For the full report, log on to [www.timesofindia.com](http://www.timesofindia.com)

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**सॉर्ट और परमार्थ में एक मार्ग से चले आ रहे खात दिवसीय अंतराष्ट्रीय योग महोत्सव का खात मार्ग चले हुए आ रहे**

### ग सफल जीवन जीने

### असली मार्ग : पॉल

**गोपनीय**

गोपनीयता का अर्थ है अपने जीवन के बारे में दूसरों को कुछ भी नहीं बताना। यह एक व्यक्ति की शक्ति है। यह एक व्यक्ति की शक्ति है। यह एक व्यक्ति की शक्ति है।

**गोपनीयता का अर्थ है अपने जीवन के बारे में दूसरों को कुछ भी नहीं बताना। यह एक व्यक्ति की शक्ति है। यह एक व्यक्ति की शक्ति है। यह एक व्यक्ति की शक्ति है।**

दैनिक

# जन्मवाणी

परमार्थ में अंतराष्ट्रीय योग महोत्सव संपन्न

**परमार्थ में अंतराष्ट्रीय योग महोत्सव संपन्न**

परमार्थ में अंतराष्ट्रीय योग महोत्सव संपन्न। यह एक व्यक्ति की शक्ति है। यह एक व्यक्ति की शक्ति है। यह एक व्यक्ति की शक्ति है।

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# दैनिक जागरण

विश्व का सर्वाधिक पढ़ा जाने वाला अखबार

पृष्ठ 18 अंक 306  
पृष्ठ 24+4=28  
देहरादून, रविवार  
8 मार्च 2015

महिला सशक्तीकरण

मानवता सशक्तीकरण

## योग की राजधानी है ऋषिकेश:पॉल

अंतरराष्ट्रीय योग महोत्सव के समापन समारोह में राज्यपाल केके पॉल रहे मौजूद

### परमार्थ में हुआ संस्कृति और संगीत का समागम



परमार्थ निकेतन में अंतरराष्ट्रीय योग महोत्सव के समापन सत्र कार्यक्रम का शुभारंभ करते राज्यपाल डॉ. केके पॉल व परमार्थ के परमात्म्य स्वामी चिदानंद सरस्वती जूनि महाराज।

जागरण संवाददाता ऋषिकेश: परमार्थ निकेतन में आयोजित अंतरराष्ट्रीय योग महोत्सव के समापन पर राज्यपाल डॉ. केके पॉल व विश्व के कई देशों से आए योग गुरुओं की उपस्थिति में संस्कृति व संगीत का समागम हुआ। स्वामी केके पॉल ने योग महोत्सव का शुभारंभ किया।

परमार्थ निकेतन में 16वें अंतरराष्ट्रीय योग महोत्सव के समापन समारोह में राज्यपाल डॉ. केके पॉल ने कहा कि योग केवल शरीर को नहीं बल्कि मन और आत्मा को भी तब तक प्रदान करता है और मनुष्य को दिव्यता की ओर ले जाता है। योग किसी धर्म विशेष का नहीं बल्कि पूरी दुनिया का है। उन्होंने परमार्थ निकेतन के पवननामक कार्य की सराहना करते हुए गंगा आरती का विराट् प्रकाश और कहा कि यहाँ की आरती ने जोखन

- योग महोत्सव के समापन पर राज्यपाल सहित विश्व के कई योग गुरु रहे मौजूद
- राज्यपाल ने कहा योग किसी धर्म विशेष का नहीं, बल्कि समूचे विश्व का

को अपने बहाने का काम किया है। राज्यपाल ने महोत्सव में शामिल योग गुरुओं में योगी राज विश्वनाथ शर्मा, सुखविंदर सिंह खलसा, गुरुमुख कौर खलसा, धनंजय कश्यप, योगी चोदने, कृष्ण मिश्र, मोहन राव, ब्राम्हन इंगले, टीने रोबो, एकरस अश्व, डेविड मेहता, सौर प्याम, मोहन भादुरी, डॉ. ज्ञान तुषिय, साध्वी आश्व वाराहवी, सत्यदी सरस्वती आदि को श्रद्धा की भासा जलजकर सम्मानित किया।



अंतरराष्ट्रीय योग महोत्सव के समापन अवसर पर अपने राष्ट्रध्वजों के साथ एकत्र एक सरेटर देने दुनिया भर से पहुंचे योग रक्ष

परमार्थ निकेतन के परमात्म्य स्वामी चिदानंद सरस्वती ने कहा कि योग सत्य ही नहीं बल्कि व्यक्ति को सच्चा मनुष्य भी बनाता है। योग के प्रसार की दिशा में ज्ञानमयी के प्रयास की सराहना करते हुए उन्होंने कहा कि भारत की प्राचीन विद्या योग के विश्व व्यापी विस्तार में 21 जून को अंतरराष्ट्रीय योग दिवस घोषित करने महत्वपूर्ण राहिका होगी। उन्होंने कहा जेक डू जेकिंग, मिड डे प्रूट आदि परमार्थ के कार्यक्रमों की जानकारी भी दी। इस मौके पर ब्राह्मण से आए स्वामी प्रेम बाबा, दयाराम लामा के प्रतिनिधि लामा हुतेन, दीपम चौड़ी बंदोखार भट्ट, एसजी अग्रवाल आदि उपस्थित थे। कार्यक्रम का सफल महोत्सव की निदेशिका स्वामी भगवती सरस्वती ने किया। महोत्सव के अंतिम दिन समापन संस्था में गंगा तट पर प्रख्यात नृत्यांगना सविधा भारती के नृत्य ने सांस्कृतिक भावों पर मजबूर किया। गंगा तट पर उपस्थित देव विद्या में आए साधकों ने समूहिक रूप से विश्व शांति और योग की प्रतिष्ठा के हर कोने तक पहुंचाने का संकल्प लिया।

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### International yoga festival concludes

MAR 08, 2015

NITI PFI BOT

2 45

Rishikesh, Mar 7 (PTI) The curtain came down today on the week-long International Yoga Festival at the Parmarth Niketan Ashram here with Uttarakhand Governor K K Paul describing yoga as a beautiful art of life which leads to a state of awakened consciousness.

"I truly believe that the awakened consciousness through a yogic life is the first step to a compassionate society.

"This international event will grow even more popular in the coming years bringing in more and more seekers from all over the world to learn the beautiful art of life called Yoga," Paul said at the conclusion of the annual event.

Yogis from nearly 60 countries also joined hands on the occasion to pledge themselves to the cause of spreading the message of yoga in their cities and countries across the globe.

Showering praise on Parmarth Niketan chief Swami Chidanand Saraswati for organising the "wonderful" event, the Governor said, "It is a global and unique event that brings masters from so many backgrounds and cultures to this sacred place. With the blessings of Pujya Swami Chidanand Saraswati, Parmarth Niketan has blossomed into a world class institution that brings spiritual growth and bliss to people from around the world."

"I convey my deepest appreciation to Pujya Swamiji for his deep commitment to bringing about world peace," he said.

अमर उजाला TV अपना ऋषिकेश

### गंगा रिजार्ट, परमार्थ निकेतन में अंतरराष्ट्रीय योग महोत्सव खत्म साधकों ने जाने योग के रहस्य

अमर उजाला मुंबई

ऋषिकेश: पवित्र गंगा की ओर से बंग रिजार्ट और परमार्थ निकेतन की ओर से परमार्थ आश्रम में आयोजित अंतरराष्ट्रीय योग महोत्सव का समापन हो गया। इस मौके पर योगी राज विश्वनाथ शर्मा, सुखविंदर सिंह खलसा, गुरुमुख कौर खलसा, धनंजय कश्यप, योगी चोदने, कृष्ण मिश्र, मोहन राव, ब्राम्हन इंगले, टीने रोबो, एकरस अश्व, डेविड मेहता, सौर प्याम, मोहन भादुरी, डॉ. ज्ञान तुषिय, साध्वी आश्व वाराहवी, सत्यदी सरस्वती आदि को श्रद्धा की भासा जलजकर सम्मानित किया।



परमार्थ निकेतन में योग महोत्सव के समापन पर सांस्कृतिक नृत्य प्रस्तुत करने के बाद योगी राज विश्वनाथ शर्मा

#### योगियों को किया सम्मानित

मुख्य अतिथि राज्यपाल डॉ. केके पॉल ने योगियों को सम्मानित किया। इस मौके पर विश्वनाथ शर्मा, सुखविंदर सिंह खलसा, गुरुमुख कौर खलसा, धनंजय कश्यप, योगी चोदने, कृष्ण मिश्र, मोहन राव, ब्राम्हन इंगले, टीने रोबो, एकरस अश्व, डेविड मेहता, सौर प्याम, मोहन भादुरी, डॉ. ज्ञान तुषिय, साध्वी आश्व वाराहवी, सत्यदी सरस्वती आदि को श्रद्धा की भासा जलजकर सम्मानित किया।



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### मानवीय गुणों का विकास होता है योगाभ्यास से : राज्यपाल



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### International yoga festival 2015 concludes

Last Updated : 08 Mar 2015 10:02:10 AM IST

Like 0

The curtain came down today on the week-long International Yoga Festival at the Parmarth Niketan Ashram here with Uttarakhand Governor K K Paul describing yoga as a beautiful art of life which leads to a state of awakened consciousness.

"I truly believe that the awakened consciousness through a yogic life is the first step to a compassionate society."



International yoga festival 2015



## MARKING INTERNATIONAL YOGA FESTIVAL

By Ravneet Sehmi

A seven day enriching program for The International Yoga Festival (IYF) was held from March 1 to 7 2015, at the Parmarth Niketan Ashram in Rishikesh, India where delegates embraced and rejoiced in the teachings of yoga and the interactions with all IYF attendees. Now in its 16th year, Sadhvi Bhagawati Saraswatiji, the Director of the IYF was pleased to host such an event

with thousands of people taking in the numerous benefits of the various yoga forms. A seven day program packed with positivity. "The International Yoga Festival is a soul-stirring event on the sacred banks of the Ganga. It is vibrant with the diverse group of like-minded yogis and students that travel from all over world. The program starts at 4.00am daily and ends at 8.00pm. There is a richness of offerings from many yoga lineages (Hatha, Kriya, Ashtanga, Vinyasa, Kundalini, Iyengar,

Jivamukti, Sattva, Deep Yoga, Shintoh Yoga, and many other styles); as well as classes offering different meditation techniques, Satsangs and lectures with Saints, as well as cultural evenings. The well known musician Sivamani performed ecstatic drumming, and there was an Eco-friendly Holi program..." said Bhavini Kalan of IYF Partnerships.

The entire program was deemed successful.



Various activities during the International Yoga Festival



Sadhvi Bhagawati Saraswatiji

The Asian Weekly managed to have a tête-à-tête with Sadhvi Bhagawati Saraswatiji, the Director of the IYF on the advantages and the growing yoga culture. Over to Sadhvi!

By Ravneet Sehmi

**Q. This was the 16th edition of the International Yoga Festival. How has the festival grown over the years and how was it received?**

The Festival has grown incredibly each year. This year we nearly doubled! It is, I think, received better and better each year. We had more than 60 presenters, including revered saints, yogacharyas and expert instructors from nearly 20 countries across the globe. The participants absolutely LOVE it. They are all truly touched and transformed. Nearly everyone has tear-filled eyes

when the week comes to an end. It's a week of true and complete Yoga/Union with ourselves, with each other, with the Divine and all of Creation!

**Q: Sadhviiji, talk to us about the concept of 'yoga off the mat' and its manifestation in the real world. What is all about?**

Yoga and yoga off the mat are not necessarily unrelated, just different. In the first case, we talk about all the practices and exercises involved with yoga. We go on to address the eight limbs of yoga, as depicted by the father of yoga, Patanjali. In these limbs, the first two – Yama and Niyama – are the foundational aspects of the respect. It involves elements such as non-violence, honesty and non-hoarding among others. You then have other steps to the practice, including Asanas, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Now we address the second aspect; Ashtanga yoga. This dwells on the respect of yoga outside of the period we spend religiously practicing it; what happens to the rest of the day off the mat? For instance, for those who lead a life of violence – be it thought, shopping and eating habits or harm to oneself and its environment – need to realize it and refer to the basic principles and foundation of yoga, so as to realign their lives to the respect.

**Q. Do you get familiar faces at the week-long event or is it a new crowd every year?**

There are a lot of repeat participants. Once people come, they always try to come back the next year. Throughout the year we get so many emails from people mentioning that they are planning to return for the Festival again. Also they bring their friends and family, so new faces keep coming. We nearly doubled participation this year from approximately 600 to approximately 1000 people.

**Q. Last year, through your guidance, Parmarth Niketan Ashram launched 'the Encyclopedia of Hinduism,' to treasure ancient knowledge. How important is the past in reference to the present?**

The Encyclopedia of Hinduism was published by India Heritage Research Foundation of which Pujya Swami Chidanand Saraswatiji (President of Parmarth Niketan) is Founder and Chairman. I was the Managing Editor of the project. The knowledge may be ancient but it is timeless. The real name for Hinduism is Sanatan Dharma, or the Eternal Dharma. The Encyclopedia is not a history book with morals. Rather it is a compendium of the depth and breadth of the Indian culture and civilization including everything ranging from art and architecture to music, science, math and medicine. It includes history and theology of course, but Hinduism is truly a way of life, a living culture. Hence the Encyclopedia required 11 volumes and approximately 7000 entries!

## A HAND OF HOPE



By Correspondent

Equator Round Table No 28 donated food stuff to over 350 street children in Kisumu at the Dunga Mandir on March 8, 2015 as part of its charitable activities. Shown above are Bijal Mehta, Hiren Mehta- Chairman Equator Round Table No. 28, Sanjay Mandavia – Life Hon., Keval Shah, Prabjot Bamrah



# CELEBRATING TOGETHER



## *International Yoga Festival Honors International Women's Day with The Seva Celebration*

Today was the day just after the grand 16th annual world famous International Yoga Festival at Parmarth Niketan ashram. This year the festival brought together approximately 1000 participants from more than 55 countries, many of whom joined us for a special 'Seva Celebrations' event today in honor of International Women's Day.

The event was focused on a shift from "Yoga on the Mat," a traditional asana based practice, to "Yoga off the Mat" with the applications of the principles of Yoga in every moment and every minute of our lives. It was an event focused on "Karma Yoga," or yoga in action. The Seva Celebrations was a collaborative event uniting teachers from all across the globe to share teachings with one common intention: to celebrate the importance of seva. The celebration was full of ecstatic energy, meditation, mantra, kriya, pranayama, asana and kirtan.

The programme began at 9am and lasted until 1pm starting with beautiful, devotional kirtan, invoking the energy of the divine feminine through their beautiful songs dedicated to the Divine Mother, by Daphne Tse of Malaysia with Anandra George of Hawaii, USA.

The kirtan and invocation was followed by a 2-hour class of yogasanas taught by five different yogacharyas, for 25 minutes each, so all of the participants could sample a bit of the different offerings of the Festival. This special session of a "Union of Yoga in Service" on the banks of Mother Ganga was led by: Gurmukh Kaur Khalsa, Kia Miller and Tommy Rosen from California, Laura Plumb of San Deigo, Anand Mehotra of Rishikesh and Bhavini Kalan of South Africa.

The program was followed by Sadhvi Bhagawati Saraswatiji, Director of International Yoga Festival and President of Divine Shakti Foundation, leading a deep 'Letting Go' meditation and speaking about a life dedicated to service and the importance of the Divine Feminine (Shakti) in our lives. She also shared the work that was being inspired and led by Pujya Swami Chidanand Saraswatiji with the Divine Shakti Foundation. She emphasised the significance of service coming from compassion which is a divine feminine quality, and that there could not be a better way to celebrate International Women's Day than with service of humanity and the environment.

HH Pujya Swami Chidanand Saraswatiji concluded the programme with His blessings and words of inspiration to all of the participants and Yogis. He said "Yoga is more than the union of our head to our knees, it is the union of ourselves with the Divine. In that union what comes forth is the spirit of divine service and of the intention to give back. I am so proud of all my Yogis from 60 countries who have come together today, even after the festival has concluded, to take the practice further not just on the mat but off the mat and into our every day lives."

Women working in the local community for the upliftment of women and girls were also honored by Pujya Swamiji during the event.

There was also a clean up planned along the banks of Mother Ganga, but due to the rain the clean up program had to be postponed.









# IN THE PRESS



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# VIDEOS FROM IYF

*Click on the images below to watch the videos.*



16th Annual International Yoga Festival - Inaugration Ceremony



Divine Discourse Series:  
Pujya Shankaracharya  
Divyanand Teerthji and  
Pujya Radhanath Swamiji



Divine Discourse Series:  
Pujya Radhanath Swamiji and  
Sadhvi Bhagawatiji



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### Websites:

 [www.parmarth.org](http://www.parmarth.org)

 [www.internationalyogafestival.com](http://www.internationalyogafestival.com)

 [www.facebook.com/parmarthashram](https://www.facebook.com/parmarthashram)

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