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

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
Sadhuji 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 Bhagawatiji 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. Puja Mooji
H.H. Puja Prem Babaji
H.H. Puja 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 Bhushaniji
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
...and many other eminent speakers.

SPECIAL CULTURAL PERFORMANCES BY

Bharath Shetty  Brian Siddharth Ingle  Mohan Bhandari  Yogiraj Vishwapal Jayant  Anand Mehrotra  Maa Gyaan Suveera

David Wei  Erica Kaufman  Yogrishi Vishketu  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

Sivamani  Daphne Tse  Anandra George  Ayu Lakshmi

Indra Udayana  Sharmila Bhartari  Prakriti Bhaskar  Anita Babu
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 Swami Chidanand 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 birthplace 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.”
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.

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.

“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 Paolo, Brazil
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.
सेहत, शोहरत और कारोबार से जुड़ा योग

दैनिक जागरण

विवेक में उन्नतिकर से जाता योग का संदेश

दैनिक जानवाणी

एक सकारात्मक सोच

55 देशों के सैकड़ों योग जिज्ञासु पहुंचे परमार्थ निकलत
योग महोत्सव का आगाज

राष्ट्रीय सहारा गंगा तट पर दिखाया जा रहा सत्य का मार्ग: डा. महेश शर्मा

लोक रंग के साथ योग महोत्सव शुरू
DAY TWO:
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 Ashtanga 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.”
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, Uruguay

“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

“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, Uruguay

“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


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.

“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
IN THE PRESS
मन की शांति के लिए कुंडलिनी साधना

प्रतिदिन विधान में योग जनरल के दूसरे दिन समाज के लिए कई योगाध्यक्ष

गोग महिला

- विधान में योगाध्यक्ष के हाथ में रहने वाले गर्भस्वादन
- तांत्रिक संदर्भ में गर्भाशय की स्थिति

लक्षण

- विधान के गर्भाशय में हार्दिक की स्थिति में गर्भस्वादन
- अनुभूति के समाज से जो कुछ बाह्य प्रदूषण
DAY THREE:
Uttar Pradesh’s Respected Governor, Saints, Yogacharyas and Dignitaries Come Together

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 Gurumukh 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 Bhagavatum 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 Bhagavatum 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
16th Annual World Famous
International Yoga Festival
The Divine Teachings, Touch and Transformation of Yoga
Pashupatinath (Rishikesh)
Uttarakhand Simply Heaven!
March 1-7, 2015
www.yogafest.org
नई स्पृहा के लिए जरूरी है योग...

योग महोत्सव में शामिल हुए राज्यपाल राम नाहक

अमर उज्जाला
60 experts show their skills on Day 3 of yoga

योग शरीर को ही नहीं मन को भी जोड़ता है: नाइक

मन के साथ योग का अहम है। योग से ही स्वास्थ्य और शांति आती है। योग में देखा जाता है कि मन की शांति से शरीर की भी शांति आती है। योग के द्वारा शरीर में शांति और स्वास्थ्य होता है। योग के द्वारा मन के भीतर स्वास्थ्य और स्वास्थ्य होता है।

उत्तराखंड

राष्ट्रीय समाचार

योग सशक्त निशाना में ली जा रही है। योग के द्वारा शांति और स्वास्थ्य होता है। योग के द्वारा मन के भीतर स्वास्थ्य और स्वास्थ्य होता है।

दैनिक जागरण
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 Pujya 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
In the Press
Day Five:
A Day of Asana, Satsang, & Letting Go

The fifth day began with 4:00 am Kundalini Sadhana led by Sukhmandir Singh Khalsa, an American Sikh and disciple of Yogi Bhajan, 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 compass 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 Saraswatiji 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 Gyan 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 Saraswatiji.

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 meditation. 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.
Yoga brings positive energy, inculcates spirituality: Expert

THUNDERBIRD NEWS SERVICE

Yoga brings immense positive energy, mental and physical health and inculcates spirituality. We come to know better of our inner self, with yoga and meditation, said renowned yogi Guru Sivanand Saraswati on the 65th day of the International Yoga Festival being held at Rishikesh. In his address on Thursday, Guruji said, "The occasion of Holi also marks the beginning of spring. People celebrate it with utmost joy and friendship, and this is the perfect time to experience yoga."

The celebrations take place in India around the new moon of March, marking the beginning of spring. It is a time of rejoicing and sharing happiness with others. Yoga is an ancient art form that originated in India more than 5,000 years ago. It is a practice that involves physical, mental, and spiritual disciplines to achieve a state of inner balance and peacefulness.

Guruji emphasized that yoga is not just about physical exercises; it is about finding peace within oneself, both mentally and spiritually. "Yoga is a way of life, a way of living in harmony with oneself and the environment," he said.

Guruji also spoke about the benefits of yoga, such as improved mental clarity, stress reduction, and better overall health. He encouraged everyone to practice yoga regularly to experience its positive effects.

The International Yoga Festival is an annual event that brings together yoga practitioners from around the world to celebrate the ancient practice and learn from each other. It is a platform for sharing knowledge and experiences, fostering a sense of community among practitioners.

"Holi Dahan" held with traditional joy, rituals

The festival of colors, Holi, was celebrated with traditional joy and rituals in Varanasi. People dressed in vibrant colors threw colored powder and water on each other, dancing and singing to the beat of drums and drums. The streets were filled with the laughter and欢声笑语 of the crowd. This festival marks the victory of good over evil and is a celebration of love and happiness.

In the ancient city of Varanasi, people gathered at the ghats by the Ganges river to take part in the traditional Holi rituals. They threw colored powder and water at each other, splashing colors across the river. The festival is not just about colors and joy, but also about the spiritual significance of the day.

Holi is a festival that is celebrated in India and other parts of the world. It is a time of renewal and fresh beginnings, a reminder to let go of the past and embrace the present. The festival is a celebration of life, love, and the joy of being alive.
योगी बनें, निरोगी बनें
साधकों ने जाने योग से निरोग रहने के रहस्य

शिवमेश्वर का इंग और रूना का दुधिशना

साहित्य के राज

शांत रक्ष्य रखने के लिए प्राणयाम जरूरी

दैनिक जागरण
DAY SIX:

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

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
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 Bhagawatiji 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, Yuvaa Yoga with Yuvaa 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
अमर उजाला

नसीरुद्दीन मिर्जा के विश्वसनीय कहानी उजाला पत्रिका

पर्यावरण निगम में अंतरराष्ट्रीय योग महोत्सव कहानी

साथियों ने जाने योग के रहस्य

amarujala.com

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कुछिकेश में अंतरराष्ट्रीय योग महोत्सव आज से शुरू

कुछिकेश, 1 मार्च 2013

सुधार निकलने में शुद्धि तथा आर्थिक होने के कारण अंतरराष्ट्रीय योग महोत्सव 2013 के मुख्ता में पहली के साइकिंग के लिए इतिहास किया जाएगा। योग महोत्सव में 45 देशों के लगभग हजारों योजनार्थक होंगे।

सोशल डिजिटल और एलेक्ट्रॉनिक मीडिया में योग का अवलोकन किया जाएगा।
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 propounding the message of yoga in their cities and countries across the globe.

Showering praise on Parmarth Niketan chief Swami Chidanand Saraswatiji 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 Puja 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 Puja Swamiji for his deep commitment to bringing about world peace," he said.
Yoga Enthusiasts, Teachers, Spiritual Leaders Attend International Festival in Rishikesh

Around 1,000 participants from 55 countries attended the 18th 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 ashrams, samadhi chanting, Japa, tantra philosophy and discussions by renowned 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 Delhi and South Indian forms. The festival was inaugurated by chief guest Marchand Sharma, minister for Tourism, Government of India, many renowned spiritual leaders, saints and all the yogacharayas and presenters. Sadhvi Bhagawati Saraswati, director of the festival, welcomed the guests and participants, followed by a yoga demonstration by the mahants of the Parmarth Gaurukul, a yoga dance by Deepika Menia of Chandik, a yoga lecture by Bhanwati Suman, and a Chinese yoga presentation.

International yoga fest at Parmarth Niketan ends

Bishnupur: The week-long International Yoga Festival at Parmarth Niketan here concluded on Saturday. Governor K R Pratap Khatik congratulated the organizers on the successful conclusion of the festival.

An artist performs during the International Yoga Festival.

The festival will remain etched in the participants’ memories for a long time. Many participants, who had come from over 60 countries, will be spreading the message of yoga further.

“Parmarth Niketan is like a Mecca for yoga. I have come to India for the first time — only to attend this yoga festival. I loved it intensely and will come again whenever I get the chance,” a participant said.
International yoga festival concludes

MAR 08, 2015

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MARKING INTERNATIONAL YOGA FESTIVAL

By Ravneet Sehmi

A seven day enriching program for The International Yoga Festival (IFY) was held from March 1 to 7, 2015, at the Parmarth Niketan Ashram in Rishikesh, India where delegates embraced and regressed in the teachings of yoga and the interactions with all IFY attenders. Now in its 16th year, Sadhvi Bhagawati Saraswatiji, the Director of the IFY 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, Vinyasa, Iyengar, Ashtanga, Viniyoga, Kundalini, Jivamukti, Sattva, Deep Yoga, Shintoh Yoga, and many other styles); as well as classes offering different meditation techniques, Sat-sangs and lectures with Saints, as well as cultural evenings. The well-known musician Swaramani performed ecstatic drumming, and there was an Eco-friendly Holi program,” said Bhanvi Kulan of IFY Partnership.

The entire program was deemed successful.

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 8th, 2015. As part of its charitable activities, shown above are Bipal Mehta, Hiren Mehta, Chairperson, and Nita Mehta, Chairperson, with a cheque presentation.

The Encyclopaedia of Hinduism was published by India Heritage Research Foundation of which Pratap Satsami Choudhary Saraswatiji 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 Satnam Dharma, or the Eternal Dharma. The Encyclopaedia 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 Encyclopaedia required 22 volumes and approximately 7000 entries.
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 Diego, 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 (Shakit) 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.
दैनिक जागरण

अधिकेश जागरण

साधकों की विदाई के साथ महिलाएं सम्मानित

आयुष्मान भारत गृह के निर्माण में सहभागिता की जाएगी महिलाओं को। नतीज साधकों के द्वारा प्रदान की गई अनेक दानों का लगभग 70% सहभागिता में महिलाओं से होता है।

एक ऐसा महत्वपूर्ण अवसर बना है, जिसमें महिलाओं को अपनी क्षमता का प्रदर्शन करने का मौका मिलेगा। इस अवसर का उद्देश्य उन्हें अपनी क्षमताओं का प्रदर्शन करने में सहयोग करना और उनके काम को समर्पित करना है।

जागरण ने अंतरराष्ट्रीय महिला दिवस पर आयुष्मान भारत के उद्देश्य को समर्पित करने के लिए एक सम्मानित समारोह का आयोजन किया है।

इस समारोह में अंतरराष्ट्रीय महिला दिवस के अवसर पर, महिलाओं का सम्मान किया गया है। इसमें महिलाओं के लिए विविध समारोह भी आयोजित किए गए।

इस समारोह में अंतरराष्ट्रीय दिवस के अवसर पर, महिलाओं का सम्मान किया गया है। इसमें महिलाओं के लिए विविध समारोह भी आयोजित किए गए।

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