

परमार्थ PARMARTH



29th Annual, World Renowned

# INTERNATIONAL YOGA FESTIVAL

# 2017

*at Parmarth Niketan  
in Rishikesh, Yoga  
Capital of the World*







## MESSAGE

1. I am happy to hear that the Annual International Yoga Festival is being held at Parmarth Niketan (Rishikesh) from 1-7<sup>th</sup> March, 2017.
2. Yoga literally means to join, to unite. It is a science of well-being, which integrates ancient wisdom to body, mind and soul. Three hundred million people around the world today practice yoga. Due to the remedies that yoga provides, men, women and children are experiencing healthier and happier lives. The practice of yoga has brought a lasting sense of peace to people across nations, across seas, and across boundaries. To me, this sense of peace resonates as a lasting symbol for the nation of India, where yoga was born, and to which, the world today comes for laudable events like the International Yoga Festival.
3. I have known Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan, for many years. His leadership and commitment to the cause of peace and interfaith harmony is commendable. I appreciate the sense of unity that his vast body of work brings.
4. I wish the Yoga Festival at Parmarth Niketan all success.

PRANAB MUKHERJEE  
PRESIDENT OF INDIA

February 25, 2017  
RASHTRAPATI BHAVAN



New Delhi  
February 20, 2017

Dear Swami Chidanand Saraswati Ji,

Congratulations and best wishes for the International Yoga Festival at Parmarth Niketan in Rishikesh.

Yoga has the power to bring about a qualitative transformation in the personality of an individual. Yoga creates a spirit of oneness, with the self, with others and with nature. We should not look at Yoga only as a means to get over disease and ailments. Yoga guarantees wellness. Practicing Yoga is a key to health assurance.

On 21<sup>st</sup> June 2015 and 2016 the world celebrated International Day of Yoga with great enthusiasm. From Australia to Argentina and Sweden to South Africa, Yogis, deeply engrossed in practicing Yoga, welcomed the rays of the sun.

Today Yoga is becoming very popular globally. It is being taught across the world and that too by people of various countries. Clearly it has transcended race, colour and nationality.

I congratulate the Parmarth Niketan for the notable efforts to popularize Yoga. I also hope those gathered continue to spread the power of Yoga to newer frontiers in the times to come.

Regards,

(Narendra Modi)





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**HH PUJYA SWAMI SHUKDEVANAND SARASWATIJI**

*Founder of Swami Shukdevanand Trust*



**H.H. PUJYA MM SWAMI ASANGANANDJI**

*Managing Trustee of Swami Shukdevanand Trust*



**HH PUJYA SWAMI CHIDANAND SARASWATIJI**

*President of Parmarth Niketan (Rishikesh)*



**To learn more: [www.parmarth.org](http://www.parmarth.org)**

# About Parmarth Niketan

*Home to the World Renowned, Annual International Yoga Festival*



***Yoga is practiced by some 300 million people worldwide, making Parmarth Niketan's International Yoga Festival a tremendous draw for individuals from around the world.***

**P**armarth Niketan Ashram was founded by HH Pujya Swami Shukdevanand Saraswatiiji, in the early 1940's, the ashram is currently blessed by HH Pujya MM Swami Asanganand Saraswatiiji and guided by the leadership and vision of HH Pujya Swami Chidanand Saraswatiiji.

you will feel your soul bathing in the peace of sacred energies, including those that emanate from nature and those that linger from the timeless healing powers of saints, sages and enlightened masters.



Parmarth Niketan is also one of India's largest interfaith, yoga and spiritual institutions. Parmarth Niketan Ashram literally means an "Abode

Parmarth Niketan Ashram offers comfort, inspiration and upliftment for your body, mind and spirit as well as a deeper connection with the Divine. As you experience the serenity of the Ashram

Dedicated to the Welfare of All" and is a true spiritual haven, lying on the holy banks of Mother Ganga, in the lap of the lush green Himalayas. 🌸



## **Blessings from H.H. Pujya Swami Chidanand Saraswatiji**

President, [Parmarth Niketan](#) (Rishikesh)  
Co-Founder, [Global Interfaith WASH Alliance](#)  
Founder, [Ganga Action Parivar](#),  
[Divine Shakti Foundation](#) & Interfaith  
Humanitarian Network

Dear Divine Souls,

*The International Yoga Festival is not only a festival where people learn yoga; rather, the festival itself is 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 come together as one family, connecting to the Divine within themselves and to the Divine within others. It is 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.*

*More than 1200 people from around the world--from 101 countries this year—came to sit by the banks of Mother Ganga, absorb 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.*

*I also offer great appreciation and gratitude to our partner organizations, the Government of India, Ministry of AYUSH, Uttarakand Tourism Development Board, and Garhwal Mandal Vikas Nagam Ltd for their continued commitment and dedication to the propagation and dissemination of the science and art of yoga.*

With love and blessings always,

In the Service of Humanity,

[Swami Chidanand Saraswati](#)



## **Blessings from Sadhvi Bhagawati Saraswatiji**

Director, [International Yoga Festival](#)  
President, [Divine Shakti Foundation](#)  
Secretary General, [Global Interfaith WASH Alliance](#)

Dear Divine Souls,

*It was such a great joy and blessing to welcome all of our more than 1700 participants to the holy banks of Mother Ganga, in the lap of the Himalayas, to the birthplace of yoga, a place where for thousands of years saints, sages and rishis have performed their meditation, their yoga and attained enlightenment.*

*It was such a great honour and joy to organize this festival in cooperation with AYUSH, Uttarakand Tourism Development Board, and Garhwal Mandal Vikas Nagam Ltd. The International Yoga Festival (IYF) is a beautiful time of seeing the world come together in the name of yoga or union. This year we had 101 countries represented! They came together in union of cultures, colors and creeds, a union of different lineages of yoga, a union of saints, yogacharyas and seekers.*

*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 learned asanas, pranayama, meditation, philosophy and so much more from world renowned yogacharyas. We delved into hatha yoga, ashtanga yoga, raja yoga, kundalini yoga, and so many other forms of yoga plus, of course, the triveni sangam of bhakti yoga (devotion), gyan yoga (wisdom) and karma yoga (taking yoga off the mat and into service of the world).*

*During the week the participants were invited to imbibe in not only the teachings but also the divine touch and transformation of this sacred place. They were invited to let the waters of Mother Ganga wash over them, and to let the blessed atmosphere transform their whole being, filling them with joy, love, peace and the true union or “yoga” of body, mind and spirit.*

With love and peace from the holy banks of Mother Ganga,

In His seva,

[Sadhvi Bhagawati Saraswati](#)





[Click Here to watch the IYF gorgeous video!](#)




*Rishikesh*  
**THE YOGA CAPITAL OF THE WORLD**

*On the Holy banks of Mother Ganga*  
**AT PARMARTH NIKETAN**

*In the Lap of The Himalayas*  
OFFERING YOGIS FROM MORE THAN 100 NATIONS THE  
**TEACHING, TOUCH & TRANSFORMATION OF YOGA**

# IYF 2017

IYF has taken place in Rishikesh since 1989, first organized by the Government of Uttar Pradesh, and then by the Government of Uttarakhand since 2001. Parmarth Niketan has been hosting this event, since 1999. In this time, the IYF has grown to international acclaim and continues to increase in attendance yearly. 🌸

-   
**OVER 1750 PARTICIPANTS**  
.....  
*From 101 countries*
-   
**NEARLY 150 CLASSES**  
.....  
*More than 60 diverse class offerings*
-   
**MORE THAN 70 PRESENTERS**  
.....  
*From more than 20 countries*





# 101 Countries Participate in the International Yoga Festival 2017



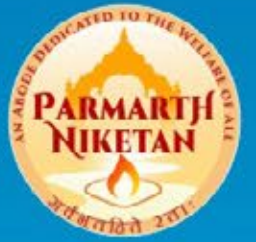


29th Annual



सत्यमेव जयते  
Government Of India  
Ministry of AYUSH

World Renowned



# International Yoga Festival



World Class Cultural Performances by



March 1-7, 2017  
at Parmarth Niketan (Rishikesh)



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



[IntlYogaFest](https://twitter.com/IntlYogaFest)



Download IYF App





# Tribute to Yoga Gurus

*On the eve of the International Yoga Festival*



***"Yoga is not only what we do but it is truly who we are. The saints whom we are honouring today, their lives reflected this truth."***

- Pujya Swamiji -

***"There are so many world-class yoga studios across the world but there is no place like the banks of Mother Ganga, no place like Rishikesh, and no place like at the feet of our Yoga Masters and Revered Saints."***

- Sadhvi Bhagawatiji -

## Registration

*Welcome Home. Welcome All.*

A record number of participants arrived to Parmarth Niketan (Rishikesh) for the International Yoga Festival 2017. Expecting participants from more than 100 nations this year, the beautiful and green grounds of one of Rishikesh's largest Ashram's was hustling and bustling. Many participants and teachers were returning back and shared that year round they look forward to this time in which they can be at their Himalayan home, on the banks of Moth-

er Ganga, with yoga enthusiasts and lovers from every region of the world. Smiles, laughter and conversations of the incredible yoga festival offerings and experiences filled the air. The Director of the International Yoga Festival, Sadhvi Bhagawatiji was often spotted making surprise visits to the busy registration tent, welcoming all participants and presenters personally and motivating the dedicated and diverse team of volunteers serving during the Yoga Festival. 🌸

During Ganga Aarti, on the eve of the International Yoga Festival participants joined together for a special shradhanjali ceremony, paying tribute to Yoga Gurus and legends that have played a vital role in sharing and spreading the authentic practice of Yoga with the world. The ceremony honoured Yoga Guru Shri BKS Iyengarji, who was behind the conception of the International Yoga Festival when it first started in Rishikesh in 1989, and who had blessed and led many of its yoga sessions in its earliest years.

It also honoured Pujya Swami Dayanand Saraswatiji, whose divine satsangs and inspiring presence had always brought much laughter, insight and wisdom to the Yoga Festival participants each year and whose presence was deeply missed this year. MM Swami Ved Bhartiji was also honoured. He had dedicated his entire life to spreading and sharing the message of Yoga to the world and helped bridge the gap between Spirituality and Science by contributing significantly to research in the field of Yoga. 🌸



# Inauguration

*People from more than 100 Nations, Saints, Hon'ble Governor of Uttarakhand & Yogacharyas Inaugurate the International Yoga Festival at Parmarth Niketan*

The International Yoga Festival was inaugurated by the Hon'ble Governor of Uttarakhand, Dr. Krishna Kant Paul at a ceremony that included congratulatory statements from HE the President of India, Shri Pranab Mukherjee, as well as the participation of numerous renowned faith leaders, dignitaries and yogacharyas.

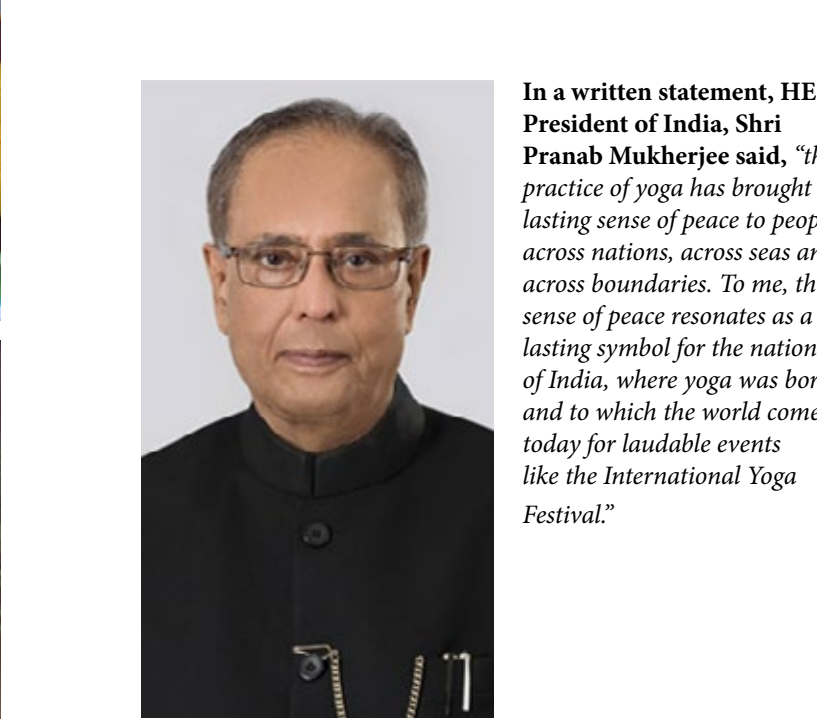
The official inauguration of the event saw a peaceful tapestry of participants representing the world's faiths, nations, cultures, races and regions as Argentinians, Afghans, Israelites, Iranians, Japanese, Kenyans, Italians,

Americans, Yemenis and people from numerous other nations formed bonds of togetherness under the common flag of yoga.

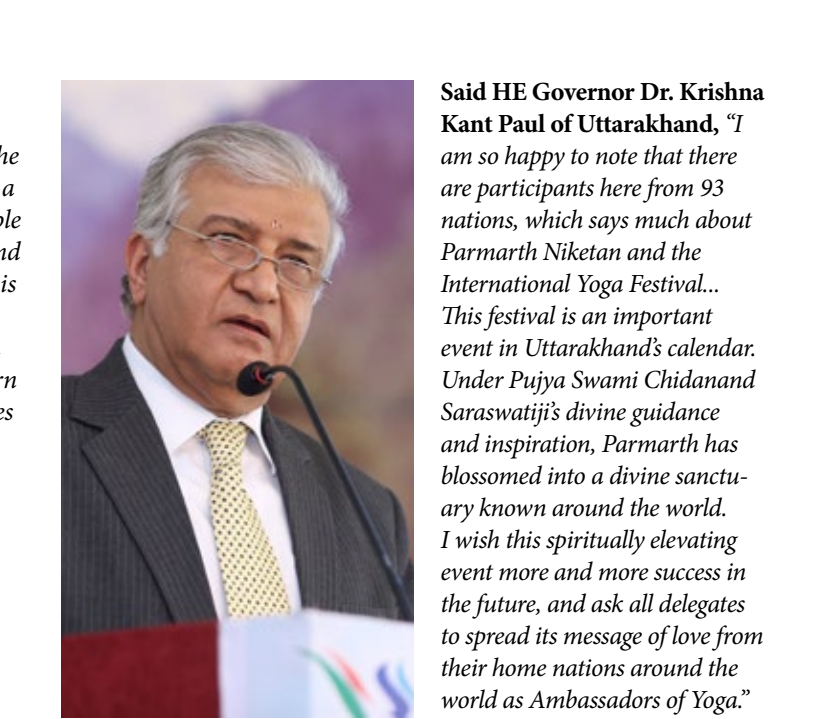
Prior to the rousing speeches were beautiful acrobatic Yoga demonstrations by Parmarth Niketan's Rishi Kumars (Gurukul Students), who formed graceful yogic human pyramids, as well as other feats that held audience members in rapt attention. Yoga teachers from around the world also inspired participants with their heart-felt words. 🌸

**"Let the International Yoga Festival inspire all participants to become torchbearers of hope"**

- Pujya Swamiji -



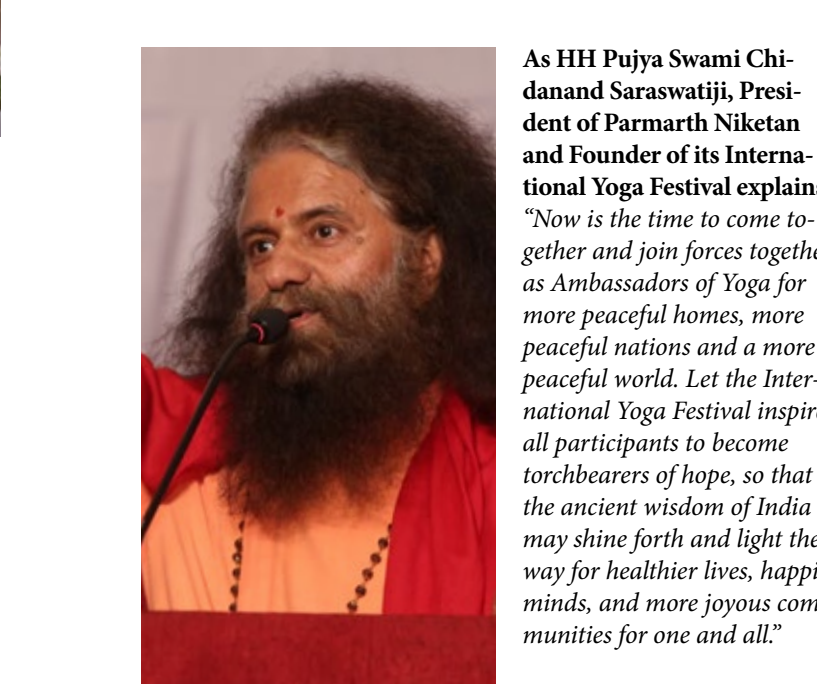
**In a written statement, HE President of India, Shri Pranab Mukherjee said,** *“the practice of yoga has brought a lasting sense of peace to people across nations, across seas and across boundaries. To me, this sense of peace resonates as a lasting symbol for the nation of India, where yoga was born and to which the world comes today for laudable events like the International Yoga Festival.”*



**Said HE Governor Dr. Krishna Kant Paul of Uttarakhand,** *“I am so happy to note that there are participants here from 93 nations, which says much about Parmarth Niketan and the International Yoga Festival... This festival is an important event in Uttarakhand’s calendar. Under Pujya Swami Chidanand Saraswatiji’s divine guidance and inspiration, Parmarth has blossomed into a divine sanctuary known around the world. I wish this spiritually elevating event more and more success in the future, and ask all delegates to spread its message of love from their home nations around the world as Ambassadors of Yoga.”*



**TELUGU STAR**  
 Ram Charan Teja, film actor, dancer, producer, businessman and entrepreneur, and his wife Upasana Kamineni, vice-chairman of Apollo Charity and chief editor of “BPositive” magazine joined the inauguration and performed a special water blessing ceremony with Pujya Swamiji and HH Drikung Chetsang Rinpocheji and The Venerable Bhikkhu Sanghasenaji.



**As HH Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan and Founder of its International Yoga Festival explains,** *“Now is the time to come together and join forces together as Ambassadors of Yoga for more peaceful homes, more peaceful nations and a more peaceful world. Let the International Yoga Festival inspire all participants to become torchbearers of hope, so that the ancient wisdom of India may shine forth and light the way for healthier lives, happier minds, and more joyous communities for one and all.”*



**Said Sadhvi Bhagawati Saraswatiji, Director, International Yoga Festival and President, Divine Shakti Foundation,** *“It is here, at the banks of the flowing River Ganga that saints, sages, and rishis came for yoga. It is from here that the art of yoga has spread around the world, bringing people together, healing hearts, improving health and creating an emerging culture of peace that transcends boundaries and borders.”*



**Hon'ble Union Railway Minister, Shri Suresh Prabhuj,** *"Yoga will bring in global peace, it will allow you to excel in all facets of life. I offer you (participants of IYF 2017) all the best."*

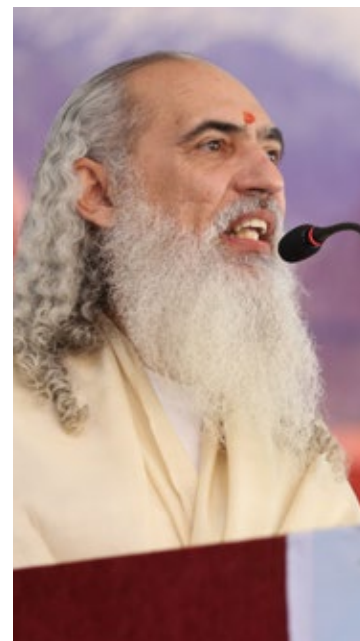
**Watch his inspiring video message, [Click HERE!](#)**



**Said HH Drikung Kyabgon Chetsang Rinpocheji,** *37th throne holder of the Drikung Kagyu Lineage, "This is the birthplace of yoga, and I wish all here peace of mind, peace for unity, peace for our world. It is a great pleasure to be here and I look forward to joining together with Pujya Swami Chidanand Saraswatiji soon for the planting of trees, and the cleaning of rivers, to bring even more peace for our world."*



**Said Hon'ble Secretary, Uttarakhand Ministry of Tourism and Culture, Shri Shailesh Bagauli,** *"over the past years, we have joined hands with Parmarth Niketan for the International Yoga Festival, which has grown by leaps and bounds. I am very happy to hear that tomorrow, our Hon'ble Prime Minister, Shri Narendra Modiji will be interacting with participants here. It says a great deal about the festival."*



**Said Prem Babaji, Spiritual Teacher from Brazil,** *"It is really wonderful that at this place in the world there is a constant, ongoing wave of light radiation - a light of love, union and of a culture of peace and prosperity."*



**Said American Ayurvedic Practitioner, Yoga Teacher and co-founder of Deep Yoga, Laura Plumb,** *"Here at Parmarth Niketan, we are supported by the mountains, by the river and by the saints. As the International Yoga Festival grows, the need for it grows. A week from now, as you return to nearly 100 nations, take what you have learned and shower the world with love."*



**Dr. Bruce Lipton,** *Internationally recognized leader in bridging science and spirit, "You are creating this world with your mind and your beliefs. Your thoughts create the world around you- this is not only spiritual but also very much being proven by science."*



**Hon'ble Additional Secretary, Ministry of Tourism, Govt of Uttarakhand Smt Iva Asheesh Srivastavji,** *"I offer my gratitude to Hon'ble Governor Sir, Pujya Swamiji, all revered saints, dignitaries, yoga festival participants and to the people of Rishikesh for their contributions."*



**Said American Yoga Teacher and Author, Tommy Rosen,** *"The source of the International Yoga Festival's success is Pujya Swami Chidanand Saraswatiji, who constantly emanates love, just like the River Ganga. He is a living example of what sadhana can do. Let His example, and the wisdom learned at the International Yoga Festival draw all from darkness to light and from fear to love."*



**Said Los Angeles Scholar and Yoga Teacher, Kia Miller,** *"Yoga 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. Let each day, and each breath here at the International Yoga Festival and beyond be dedicated towards achieving such awakening."*



The first class began at 4:00 am with Kundalini Sadhana, by American Sikh, Sukhmandir Singh Khalsa of California. At 6:30 am, festival offerings included: Lila Yoga by Erica Kaufman of Pennsylvania, USA, and Traditional Hatha Yoga by Sadhvi Abha Saraswati, Parmarth Niketan. As the sun rose over Ganga, a special meditation was held on the river's serene banks with soothing and melodious mantras chanted by Anandra George of the USA.

After breakfast in the gardens, a special session was held that included a 2-hour program of yoga taught by four different yogacharyas. This special session of a "Union of Yoga" on the banks of Mother Ganga was led by: Laura Plumb of California, USA, Kia Miller and Tommy Rosen of California, USA, and Mohan Bhandari, formerly of Parmarth Niketan, who is now a renowned yoga teacher in China.

Highlights of the afternoon sessions included a Kirtan Workshop lead by Adam Bauer from the USA and a talk on the Biology of Beliefs by Dr. Bruce Lipton of the USA. Upasana Kamene led a talk on Holistic Healthcare to Cure the Diseases of Mind and Body, Swami B.A. Paramadvaiti taught Inbound Yoga, and Bharath Shetty, founder and director of IndeaYoga, presented a class on Mind, Body and Breath Coordination.

In the evening, all participants gathered together to take part in the sacred and divine world famous Ganga Aarti ceremony, led by HH Pujya Swami Chandanand Saraswatiji. After dinner, participants were entertained by a beautiful cultural dance performance by Himalayan artists through the Uttarakhand Tourism cultural department. 🌸

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# DAY 1

*Union of Yoga Begins  
On the holy banks of Mother Ganga  
In the Lap of the Himalayas*

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[Click Here to See More](#)



Thank you for joining us for the 29th Annual  
**International Yoga Festival 2017**  
*Uttarakhand Simply Heaven!*





# DAY 2

*Historic Addresses of Hon'ble Prime Minister to Yogis from 101 Nations during the International Yoga Festival at Parmarth Niketan*



**To watch Modiji's full speech click [HERE!](#)**



**I**YF Participants from 101 countries were held in rapt attention as Hon'ble Shri Narendra Modiji delivered a stirring address at Parmarth Niketan's renowned annual International Yoga Festival.

Prime Minister Narendra Modiji's reverence for India's ancient art of yoga has done much to inspire the world towards embracing its exceptional benefits. Due to his diligent leadership, in 2015, the United Nations named June 21st as International Yoga Day, leading to a resurgence of yoga practitioners across borders, nations and seas. His opening address to the International Yoga Festival provided further inspiration to people from across 6 continents, who flocked to Parmarth Niketan's ghats on the banks of the River Ganga.

The Spiritual Discourse Series commenced with a highly-motivational address by renowned environmen-

talist, HH Pujya Sri Shankaracharya Swami Divyanand Teerthji, and Dr. Vandana Shiva who uplifted and inspired the audience with talks on Nature Preservation and the Expansion of Consciousness.

Highlights of the afternoon included a Reiki class by Maa Gyaan Suveera of India and a Kirtan workshop led by the Kirtanias from California, USA. The Kirtanias are well-known for their fusion of traditional Indian style vocal music with multi-instruments. The later afternoon classes included "Shoulder Bliss", led by Odaka Yoga Founder, Roberto Milletti of Italy and "Experiencing the Medical Science and Health Benefits from Yogic Postures", led by Chandra Mohan Bhandari, a former career diplomat and Ambassador of India to Cambodia. A public yoga class was taught on Ganga Ghat by Anand Mehrotra of Rishikesh. After dinner, participants were treated to a Kirtan Concert by the Kirtanias. 🌸



[Click Here to See More](#)



# DAY 3

*Bhakti, Gyan & Karma  
Converge at the  
International Yoga Festival*



**O**n the 3rd Day of the International Yoga Festival a special Karma Yoga Humanitarianism Award was presented to Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan by BhaktiFest, the world's largest event for Bhakti Yoga, based in California, USA. The Founder and head of BhaktiFest, Sridhar Silberfein specifically came from the United States to the International Yoga Festival to present the award to Pujya Swamiji for His great work on behalf of women, children,

Mother Ganga and the environment.

Highlights of Day 3 morning classes included Power Pranayama and warm up by Yogiraj Vishwapal Jayant of India. Francesca Cassia of Italy, co-founder of Odaka Yoga, taught a Happy Hips Flow class.

After lunch in the garden, the afternoon schedule included an inspiring talk on Epigenetics, the Power to Change the Unconscious Mind by renowned scientist Dr. Bruce Lipton. The

afternoon concluded with a beautiful, divine satsang with Pujya Sri Mooji. A large number of devotees, seekers and yogis sat enthralled in his satsang on Parmarth's Yoga Ghat, alongside the beautiful and flowing Mother Ganga.

In the divine Ganga Aarti, yogacharyas and IYF sevaks were honoured and blessed by Pujya Swamiji. After dinner, a cultural dance performance by Anita Babu and her Odissi Natya Sala, as well as by Ayu Laksmi of Bali, Indonesia, entertained the IYF participants. 🙏

***“Pujya Swamiji is the model of all three streams of yoga - bhakti, gyan and karma. His great devotion (bhakti) and great wisdom (gyan) lead him to be an outstanding and award-worthy humanitarian (karma). BhaktiFest is honoured to present him with this award.”***

-Sridhar Silberfein, Founder and head of BhaktiFest.



[Click Here to See More](#)



# DAY 4

*Yogis from 101 Nations Sign Historic Proclamation to Save the River Ganga*



Yogis from 101 nations came together at Parmarth Niketan in support of a historic proclamation to save the River Ganga. The massive gathering took place during Parmarth Niketan's International Yoga Festival, with the proclamation held up as a reflection of the sentiments stirred by days of spiritual practice on the holy river.

It was shared that the River Ganga, which supports the lives and livelihoods of some 500 million citizens, also attracts to its banks millions of international and domestic travellers every year. Yet, the river is among the most polluted and endangered in the world. Every day, billions of litres of toxic chemicals and sewage are dumped into this key aquifer, causing countless preventable illnesses and deaths from diseases including cholera, typhoid, cancer and dysentery. Its waters are also extracted to the point in which the Ganga completely disappears for kilometres in some regions during the dry season. Prior to the release of the Proclamation, participants from five continents came

together for a special Water Blessing Ceremony. Led by HH Pujya Swami Chidanand Saraswatiji, they lovingly poured waters from the Ganga onto a globe, taking heart-felt pledges that they would all work to help protect and preserve the waters bodies of the world.

Afterwards, a beautiful song on global togetherness was presented by an International Yoga Festival participant from South America with the theme of "My Hands Are for You," as participants from all around the world raised their hands into the air in loving solidarity.

Morning classes on Day 4 began with, The Heart of Compassion by Anand Mehrotra. Anandra George of Hawaii, USA, led Sunrise Nada yoga, music meditation on the Ganga before breakfast. The intense morning asana classes featured Jules Febre of Jivamukti Yoga. Parmanand Aggarwal and Shilpa Joshi taught the Concept of Ashtanga

Yoga and Practices of the Meditative Asanas. Prior to the next segment of the Spiritual Lecture Series, Gurunam Singh, an American Sikh and disciple of Yogi Bhajan from USA, graced the crowd with his beautiful music. This was followed by a special dramatic dance performance by a group of yogis from across South America and Europe. Ven. Bhikkhu Sanghasenaji then led a beautiful Buddhist meditation.

After lunch in the garden, Adam Bauer of USA, led a Kirtan Workshop while classes taught by Sadhvi Abha Saraswatiji, and Satya Kalra took place.

The late afternoon classes were taught by Laura Plumb of the USA, co-founder of Deep Yoga, Mert Guler of Turkey, Tommy Rosen of the USA, Brian Siddhartha Ingle of Ireland, and Francesca Cassia of Italy. After a nutritious dinner, participants enjoyed a musical and dance performance by the Parmarth Rishikumars. 🌸

**"All water bodies of the world are connected to Mother Ganga. Water is life. As yoga unites us, so does water. As yoga is for everyone, so is Ganga."**  
- Sadhvi Bhagawatiji -

"The international yoga festival is heaven on earth. it is the place where strangers from all over the world come home to our great yoga family and remember we all belong one to the other, born as we are of the one mother, of the same unifying spirit, alive to grow, serve, learn and love together."  
- Laura Plumb, Yoga Teacher, USA



[Click Here to See More](#)





[Click HERE to watch Sadhvi and Bruce Lipton's talk!](#)



# DAY 5

*Yogis Pledge to Live as United Humanity to Abate Climate Change and Protect the Planet.*



**O**n the 5th Day of the 29th annual world famous International Yoga Festival, the early morning, pre-breakfast classes included Yuva Yoga, taught by Yuva Dayalan of Hong Kong, and T.A. Krishnan of Chennai. Deepika Mehta of Mumbai, India, yogacharya to the Bollywood stars, led a Mysore Morning Series. Deepika is a yoga teacher, professional fitness expert, and TV personality. Some early-morning classes were taught by Parmanand Aggarwal and Shilpa Joshi and Yog-rishi Vishvektu.

After a light breakfast in the garden, world famous Kundalini yoga teacher Gurmukh Kaur Khalsa of USA, taught on the Yoga Ghat. Other intense asana morning classes included The Kundalini Express, led by Tommy Rosen of USA, and Iyengar, led by HS Arun of Bangalore, India. A class entitled Un-covering the Mystery of the Psoas was taught by Francesca Cassia. Francesca is Co-Founder of Odaka Yoga.

There was then a special Conversation / Joint Discourse on "Self over Situation: How to Live Lives of Health, Happiness and Wholeness" with Sadhvi Bhagawati Saraswati and Bruce Lipton Ph.D., an internationally renowned scientist and bestselling author. The conversation bridged science and spirituality to help everyone understand that we are not victims of our genes, our physical bodies or our situations.

After the special session, Dr. Bruce Lipton and Sadhvi Bhagawati led a pledge of yogis to live for the planet, not for ourselves, to live and work for environmental protection and preservation and to abate climate change. The yogis pledged together to live as part of humanity, not just as individual humans, and to serve that whole humanity!

The late afternoon classes included a public yoga class on Hip and Shoulder Opening by Mohan Bhandari and Jivamukti Yoga by Jules Febre, an internationally acclaimed Advanced Certified Jivamukti Yoga Teacher. Pad-mashri Bharat Bhushan of Saharanpur, India, taught Bharat Yoga and Laura Plumb taught Rock Your Bhakti.

Following Ganga Aarti and dinner, participants enjoyed a movie night with a special screening of Milton's Secret, based on the book by Eckhart Tolle and Richard Friedman. ♡



[Click Here to See More](#)



*"When we look at the world today we see global crisis everywhere. While you think it is bad news, it is actually good news. Because crisis precipitates evolution. As we face crisis we recognize it is time for us to change. Hence, I honour, respect and appreciate you (the IYF participants) because evolution is in your hands."*

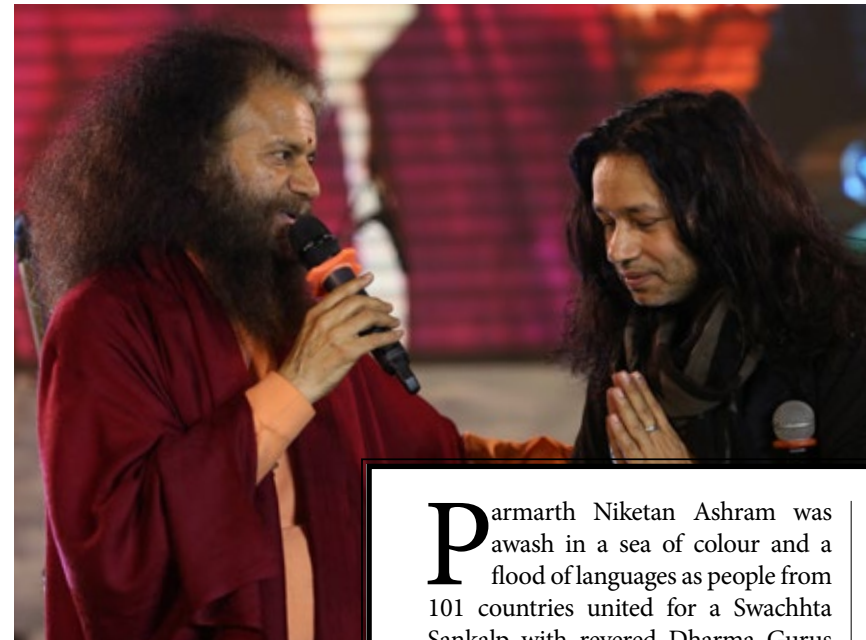
- Dr. Bruce Lipton -  
Internationally recognized leader in bridging science and spirit





# DAY 6

*Kailash Kher & His Band Kailasa's  
Homecoming Concert;  
Yogis Rally for a Swachh Bharat and Swachh World*



**P**armarth Niketan Ashram was awash in a sea of colour and a flood of languages as people from 101 countries united for a Swachhta Sankalp with revered Dharma Gurus and entertainers, including HH Pujya Swami Chidanand Saraswatiji, Kailash Kher and Sivamani, in support of a Swachh Bharat and a Swachh World.

Organized under the guidance and inspiration of HH Pujya Swami Chidanand Saraswatiji, President, Parmarth Niketan and Founder, Ganga Action Parivar, the annual, world-famous, International Yoga Festival was attended by more than 1200 people, who came from across the world to take part in inspiring lectures and courses by over 65 revered saints,

yogacharyas, presenters and experts who taught more than 160 offerings throughout the week.

As participants from around the world gathered on the banks of the River Ganga, they were ecstatic at the appearance of renowned Bollywood drummer, Sivamani and famed Sufi vocalist, Kailash Kher, alongside revered Dharma Gurus and a visiting delegation from the World Wildlife Foundation. Afterwards, hundreds of people raised their hands to Kailash Kher's rousing Swachh Bharat Anthem and pledged together to take India's Swachh Inspiration to their home nations, in support of a Swachh World. 🌱

*"We are so proud of our divine singer, Padmashri Kailash Kher, who is opening the hearts of the world through his beautiful and serene voice. It is wonderful to welcome him back home."  
- Pujya Swamiji -*



# DAY 7

*Holi Played with Yogis from Over 101 Nations, Dignitaries, Kailash Kher & Sivamani*



## Many Other Activities Held Throughout Day Six of the International Yoga Festival

On the 6th day of the 29th annual world famous International Yoga Festival, the day once again began with a 4:00 am Kundalini Sadhana class, led by Sukhmandir Singh Khalsa of California, USA. Bhavini Kalan of South Africa led a class called “I FLOW – Chandra Namaskaram Flow and Brain Coordination”. Nandini Tripathi of Parmarth Niketan led, “Yoga for All: Sukshma Vyayama.”

During the morning intense asana classes, Deepika Mehta of India taught Ashtanga Yoga, and Kristin Olson of California taught a Hatha-based class entitled “Wrap up the Sacred.” The morning yoga classes were followed by a beautiful divine satsang with Pujya Sri Mooji.

Afternoon classes included a talk on the “Science of Creating Heaven on Earth” by Bruce Lipton. Mohan Bhandari, a yogacharya from Rishikesh who is now living and teaching in China, taught a public yoga class entitled, “Yogi Yoga for back pain”. Mark Roberds of Australia led a guided “Ashtanga Yoga Class with Modifications for All”. Sadhvi Bhagawati Saraswatiji lead a beautiful “Ganga Flow Meditation on Letting Go, Expanding and Connecting.”

The evening concluded with a memorable open concert on the banks of the Ganga by Kailash Kher, Sivamani and other renowned performers. Kailash Kher, who is now known throughout the world for his soulful voice and inspiring songs, is a former Parmarth Niketan Rishikumar (student).



The colours of Parmarth Niketan Ashram today became brighter as participants from 101 nations enjoyed a special Holi celebration with revered faith gurus and renowned entertainers. Joining the festivities were HH Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan, famed singer, Kailash Kher and internationally renowned percussionist, Sivamani.

The festivities used organic colours in order to send a message to the world that celebration and environmental conservation should go hand-in-hand.

After the celebrations, the Closing Cer-

emony of the International Yoga Festival took place on Parmarth Niketan’s ghats on the banks of the River Ganga. Attending were HH Pujya Swami Avd-heshanandji, HH Pujya Swami Ramdevji, HH Pujya Swami Chidanand Saraswatiji, the Hon’ble Union Minister for AYUSH, Shri Shripad Naikji, Hon’ble Secretary of AYUSH, Shri Ajit Sharan, and other distinguished guests. After the event, participants joined hands for a Global Interfaith WASH Alliance Water Blessing Ceremony, during which water from the world’s rivers was poured onto a globe with prayers that everyone, everywhere may have access to clean and free-flowing water and healthy sanitation. 🌱

[Click Here to See More](#)





"This festival is the epicenter of modern Yoga: the quintessential confluence of classical Indian theory with the Western evolution of the practice. My offerings here are meant to further the critical inquiry of yogis and provide palpable tools to expand their practice and consciousness while in this human body. I am enthused to collaborate here; we are carving the future of Yoga!" - Dr. Andréa Paige



### Other Activities Held Throughout the Last Day of the International Yoga Festival

The IYF's early morning classes included a Vinyasa Strength class led by Krishnamurthy Mohan Raj of China, Power Yoga and Pranayama by H.S. Arun of Bangalore, India and a class on management of lifestyle diseases by CM Bhandari and Charat Singh.

After a light breakfast, morning classes included a traditional Hatha series taught by Sadhvi Abha Saraswatiji of Rishikesh, India, and Yogic Jogging led by Dr. Radhika Nagrath. The mid-morning classes featured Authentic Power Yoga by Anand Mehrotra, Yuva Yoga by Yuva Dayalan of Hong Kong and T.A. Krishnan of Chennai, After lunch, the Kirtaniyas from California, USA, led a kirtan workshop. In addition, Dr. HR Nagendra of Bangalore, India, spoke on yoga as a holistic approach.

At 3:30 a divine satsang with Pujya Sri Prem Babaji took place on the banks of the River Ganga.

After sacred Ganga Aarti and dinner, participants enjoyed drums, music and ecstatic dance with Sivamani and his dynamic musical ensemble.



[Click Here to See More](#)

# Concluding Ceremony

*Pujya Swami Ramdevji, Pujya Swamiji, Hon'ble Union AYUSH Minister, Shri Shripad Naikji, Dr HR Nagendraji & Other Eminent Dignitaries Conclude the Week-Long International Yoga Festival*



**Hon'ble Union AYUSH Minister, Shri Shripad Naikji** said, "Yoga is a way of life, it is a way of living, thinking and doing. There is an urgent need to promote and propagate the original form of classical yoga which is complete in nature and spiritual in essence, rather than only to promote physical activity."



**Yogrishi Pujya Swami Ramdevji** explained, "Yoga is scientific, universal, secular and a beneficial practice for body, mind and soul. Yoga is a physical, spiritual, social practice. You can achieve health, prosperity and happiness."



**Pujya Mahamandaleswar Swami Asanganand Saraswatiji** said, "It's wonderful to see the great seed of the International Yoga Festival at Parmarth Niketan grow into such a great tree for people of the world to come find the shade of true peace and joy under."



**Pujya Acharya MM Swami Avdheshanand Giriji** shares, "I am seeing the universe and the world gathered here today. My congratulations to Pujya Muniji Maharaj, truly only you can do events like this."



**Dr Nagendraji, Vice Chancellor of the SVASYA** said, "Congratulations Pujya Swamiji and Sadhvi Bhagawati on bringing the whole yoga community to the banks of Ganga Maa. Now together we must work to integrate Yoga into our education system."



**Hon'ble Chief Secretary of Uttarakhand, Shri Ramaswamyji** said, "Yoga is the sum total of the mind, body and soul. It is the emotional integration and the spiritual elevation which further helps you to achieve your goals in life."



**Shri Pushpak Jyoti, DIG Garhwal Range,** shared, "Let us pledge today as one family to say no to drugs and say yes to Yoga. Yoga is the only way for complete health and well being."



**Hon'ble Secretary AYUSH, Government of India, Shri Ajit Sharanji** offered, "There is so much divine energy here that one feels so full of grace and kindness. I am sure that for all the participants this has been a truly life changing experience."





Drums, Music  
and Ecstatic Dance  
with World Famous  
Percussionist  
**SIVAMANI**  
Concludes the 29th  
Annual International  
Yoga Festival





*"Let these colors merge into one color, the color of Yoga, the color of oneness."*

*"Today, people from across the world enjoyed the colours of Holi in a way that will protect our environment and our health. Let this serve as an example for everyone, everywhere, so that all festivals may become green festivals."*

*- Pujya Swamiji -*

[\*\*Click Here to watch the IYF gorgeous video!\*\*](#)

# Divine Ganga Aarti

*Evening Thanksgiving Ceremony  
With our World Family  
In the spirit of Vasudhaiva Kutumbakam*



*To learn more about the significance  
of this world-famous ceremony  
[Click Here!](#)*





# Testimonials: Uplifting Connections



*"The teachers are amazing, thanks to them, I'm understanding why I do yoga, the reason of why we do asanas. I can feel how my heart and mind are waking up. This is the spirit of the yoga festival at Parmarth Niketan, inspire and go deeper."*

- Emmanuelle, Belgium Country Ambassador



*"As a bottomless trunk and in connection with my whole soul, I feel expanded in love, relaxation and union. Thank you Ganges, thank you Rishikesh, thank you International Yoga Festival for giving us this wonderful stage to remember our true identity."*

- Carolina, Chile Country Ambassador

*"Arriving at Parmarth Niketan for IYF always feels like coming home to reconnect with family. This year is extra special because I brought a group from Belize and my mom was part of this group. It's an incredible week to connect physically, mentally and spiritually through the myriad of Asana and meditation classes, scientific and spiritual classes and satsang. It's a blessing to be here and I am always grateful for the experience. Thank you and much love to all the organizers!"*

- Michelle, Belize



*"I come here to heaven. For the whole seven days, I forget who I am and meet beautiful souls. I come to Rishikesh only for my home at Parmarth Niketan."*

- Krishnamurthy Mohan Raj, Teacher, China

*"Everyone here is so nice. I have never been around this many people practicing yoga! I wish the whole world was like this."*

- Georgie, Russia



*"I have a spiritual connection with Parmarth Niketan, with Sadhviji, that's why I came to the IYF 2017."*

- Galia, Israel Country Ambassador

*"I came back because of the amazing friends that I met last year. It is the yoga festival itself that brings all these amazing people here that I know I'm going to meet and form new friendships."*

- Neeta, Australia.

*"I came to the International Yoga Festival because my roots are here, my family is from Rishikesh, and this is a beautiful way to connect. It is my first time in India."*

- Gillen, USA.

*"It's my very first time abroad and I chose India, but I feel like I'm at home. It feels like a part of me."*

- Trish, Utah, USA.



*"Thanks to the International Yoga Festival 2017, for its organization, that was superb to learn new techniques of asanas and meditations that I will put it into practice, also met with other yogis of other country. Thanks."*

- Jhumun, Mauritius Country Ambassador

*"This is my first time to India. I have never tried so many different yogas. I have the yoga and I have the mat and now I have the heart."*

- Karl, Ukraine



*"Let us collectively become lovers of prayer emboldened by our sangha on the Ganga!"*

- Kristin Olson, California, USA

# Media Coverage

[Click Here to watch the IYF gorgeous video!](#)



# Tweets about IYF: The Festival Creates a Buzz



[Click Here to See More](#)

# Yoga off the Mat

***"Yoga is not just what you DO but it's who you ARE.  
Hence, your Yoga must continue 24 hrs, especially when  
you get off the mat and into the world."***

- HH Pujya Swami Chidanand Saraswatiji -



## GLOBAL INTERFAITH WASH ALLIANCE

is the world's first initiative to bring together the faiths as allies in ensuring everyone, everywhere has access to safe, life-giving Water, Sanitation and Hygiene (WASH).

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



## DIVINE SHAKTI FOUNDATION

is dedicated to the holistic well being of women, their children, and orphaned/abandoned children, and to all of Mother Nature.

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



## GANGA ACTION PARIVAR

is a global family dedicated to the preservation of the River Ganga and Her tributaries in their free-flowing and pristine state.

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



## INDIA HERITAGE RESEARCH FOUNDATION

Committed to education, healthcare, interfaith harmony, the upliftment of women as well as to the preservation to Indian heritage and culture.

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



राजनाथ सिंह  
RAJNATH SINGH



सत्यमेव जयते

गृह मंत्री  
भारत  
नई दिल्ली-110001  
HOME MINISTER  
INDIA  
NEW DELHI-110001

21 FEB 2017

**MESSAGE**

I am pleased to know that Parmarth Niketan, (Rishikesh), in partnership with the Ministry of Ayush, Govt. of India and Tourism Development Board, Govt. of Uttarakhand, is organizing the "**International Yoga Festival**" on 1<sup>st</sup> March, 2017 at Rishikesh.

I am indeed happy that the festival attracts top yogic masters from across the world, where the traditional significance of the various forms of Yoga are discussed. I am sure through such festivals, the importance of Yoga and its relevance in our daily lives can be effectively propagated.

I convey my best wishes to the Parmarth Niketan and all others associated in organizing this grand event. I wish the function a grand success.

11.1  
20.02.17

(Rajnath Singh)

विदेश मंत्री  
भारत



सत्यमेव जयते

सुषमा स्वराज  
Sushma Swaraj

Minister of External Affairs  
India



**MESSAGE**

At the foothills of the timeless Himalayas, in the eternal city that inspired the ancients, I am so glad to know that the annual International Yoga Festival is taking place once again from 1-7 March, 2017.

Two and half years ago, a journey that began at the UN with the Hon'ble Prime Minister's proposal for an International Day of Yoga has now become a global movement. Since then we have seen two extraordinary annual celebrations on June 21<sup>st</sup>, which in turn have inspired other festivals across the world and in India. Yoga embodies the unity of mind and body; thought and action; harmony between man and nature and a holistic approach to health and well being. And while Yoga is valuable as a physical exercise, it is so much more than that. It enables us to access a 'new dimension' of the self. This 'new dimension' is critical for the age that we live in – overloaded by information, stressed by the pressures of daily life, and confronted by constant challenges – yoga helps us to restore our balance and furnishes us with a much needed sense of clarity. Through Yoga, we seek completeness, and above all – a oneness with the world.

There can be no better place to seek this unity than in the city of Rishikesh, in the calming surroundings of Parmarth Niketan Ashram. I understand that last year more than 1200 people from 85 countries attended, and that yogis from more than a hundred nations are expected this year. This is not a living testament to the significance of yoga, but the spiritual leadership of Pujya Swami Chidanand Saraswatiji, a moral beacon for our times.

Although I am not able to celebrate this occasion with you in person, my thoughts and wishes are with all of you as you mark one more Yoga Festival – bringing the world closer to the remarkable heritage of our ancient civilization.

Sushma Swaraj  
21 February 2017



श्रीपाद नाईक  
SHRIPAD NAIK



राज्य मंत्री (स्वतंत्र प्रभार)  
आयुर्वेद, योग व प्राकृतिक चिकित्सा, यूनानी, सिद्ध एवं  
होम्योपैथी (आयुष) मंत्रालय  
भारत सरकार

MINISTER OF STATE (INDEPENDENT CHARGE) FOR  
AYURVEDA, YOGA & NATUROPATHY  
UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)  
GOVERNMENT OF INDIA

21<sup>st</sup> February, 2017/3401

**MESSAGE**

Dear International Yoga Festival Presenters and Participants,

It is so wonderful to know of the **29<sup>th</sup> Annual, Week-long International Yoga Festival at Parmarth Niketan Ashram**, organized jointly by Ministry of AYUSH, Government of Uttarakhand, Uttarakhand Tourism Development Board, Parmarth Niketan GMVN.

As a testament to our Hon'ble Prime Minister Shri Narendra Modi Ji's deep commitment to Yoga, he has not only been pivotal in the historic declaration of the **International Yoga Day (June 21<sup>st</sup>)** but also creating an entire Ministry dedicated to the study and science of Ayurveda, Yoga, Unani, Siddha and Homoeopathy (AYUSH) of which I have the great honour of spearheading.

AYUSH, I believe is the true wealth of India, the heritage of our great land and a science that can truly bring great happiness and health to the world.

It is so good to hear that last year more than 1200 participants from 85 nations came together in celebration of Yoga and wellness and many more are expected this year.

Yoga holds the key to the health of our bodies and our minds. It preserves and protects our innate connection to our spirit. Therefore, Yoga is not only the key to individual health but the health of our families, our communities, our cities, our countries and our world.

Under H.H. Pujya Swami Chidanand Saraswatiji's leadership, you will not only do Yoga but get the unique opportunity to experience Yoga in Action, through the various service projects dedicated to the wellbeing of all.

Once again, on behalf of the Ministry of **AYUSH**, Government of India, I welcome you to India, welcome to the Himalayas, the sacred birth place of these Sciences and warm welcome to the International Yoga Festival.

  
(Shripad Naik)

डा. महेश शर्मा  
Dr. Mahesh Sharma



राज्य मंत्री (स्वतंत्र प्रभार)  
पर्यटन मंत्रालय  
संस्कृति मंत्रालय  
राज्य मंत्री नागर विमानन  
भारत सरकार  
Minister of State (Independent Charge)  
Ministry of Tourism  
Ministry of Culture  
Minister of State for Civil Aviation  
Government of India  
Date: March 01, 2016

**MESSAGE**

It is wonderful to know that the **International Yoga Festival** is taking place again this year at **Parmarth Niketan Ashram**. I was fortunate enough to be there last year, for the Inaugural Ceremony and to spend a glorious few hours with the participants from all across the world. I was so deeply impressed to see the zeal and commitment that the participants have.

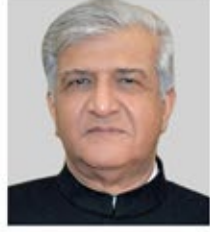
I wish that I could be with you again this year. However, our Parliament is in session and therefore it will not be possible for me to get away. Even though I am not able to welcome and greet you personally, I am glad to welcome you all, on behalf of the Government of India, to this glorious nation, the birthplace of yoga. We are so glad that you have all found health and healing in this ancient yet timeless practice.

I am especially glad to see the way the festival is expanding every year, and to know that this year there are approximately 1000 participants from more than 70 nations having the opportunity to take part in approximately 150 different classes.

My best wishes are with the Government of Uttarakhand and **Parmarth Niketan Ashram** as well as with each of you. I hope that your time in India is full of exciting and transformative experiences and opportunities. I hope that, either before or after the **International Yoga Festival**, you will also have time to explore our Incredible India and be enriched by this majestic, colourful, vibrant and beautiful land.

  
(Dr. Mahesh Sharma)

Swami Chidanand Saraswati  
President  
Parmarth Niketan  
Rishikesh



## Message

20 February 2017

RAJ BHAWAN  
Dehradun-248 003

It gives me immense pleasure to know that the 2017 edition of the annual **International Yoga Festival** is being held from March 1, 2017.

Organised by Parmarth Niketan in partnership with the Ministry of AYUSH, Government India, the Uttarakhand Tourism Development Board(UTDB), Government of Uttarakhand and Garhwal Mandal Vikas Nigam (GMVN), this famous festival draws yogacharyas, philosophers and seekers from every corner of the world .

This event is indeed a special celebration of yoga and the Indian spiritual and cultural heritage. Yoga is the great heritage of India whose scientific nature has been accepted by the entire world. It is not just for the body but an entire way of life which ensures clarity of mind, peace for the soul and a balanced existence. It provides a positive energy to people and takes them towards creativity. It is a matter of pride that the message of the richness of Indian culture and a healthy life is being propagated throughout the world by the International Yoga Festival. Rishikesh, the land where our rishis and munis meditated, has now established itself as the international Yoga capital.

The growing popularity of Yoga globally has, over the years, made Uttarakhand the most important and leading place for Yoga in the world. Last year, the festival hosted more than 1200 participants from over 85 countries. This year, Yogis from more than a hundred nations are expected to participate in the event.

I welcome to Uttarakhand all the delegates to this week-long festival of spiritual seeking and fulfillment. This gives you the opportunity to learn not only *asanas* and *pranayama* but also many other important aspects of yoga for the mind and soul including meditation, philosophy, chanting and yoga therapy.

I am confident 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 the organizers and participants all the best for this very special annual event.

  
(Dr. K.K.Paul)



अजीत मोहन शरण  
AJIT M. SHARAN



## MESSAGE

It is so good to hear about the how the *International Yoga Festival at Parmarth Niketan Ashram*, jointly organized by Ministry of AYUSH, Government of Uttarakhand, Uttarakhand Tourism Development Board, GMVN and Parmarth Niketan, continues to grow, bringing yogis and seekers from every corner of the world to India in the name of health and wellness.

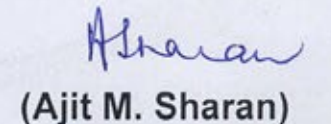
India, the land of spirituality and Ayurveda, is also the birthplace of Yoga, an invaluable gift to humanity. The practice of Yoga is believed to have commenced almost 5,000 years ago. The first reference of "Yoga" is found in the Rig Veda, the earliest of all the Vedas.

Yoga, considered as a holistic science, provides multifarious benefits to its practitioners. Practice of Yoga not only enhances the overall development and fitness of the body, but also strengthens the emotional foundations of the mind and provides fulfilment to a spiritual aspirations.

The Ministry of AYUSH, Government of India, is taking adequate steps to secure and preserve the heritage of Yoga and expand its knowledge and sanctity in its efforts to demystify Yoga to millions of seekers and practitioners around India and the globe and has also developed a systematic plan to achieve this objective through the Scheme for Voluntary Certification of Yoga Professionals, being developed by the Quality Control of India.

I personally appreciate the incredible efforts of Parmarth Niketan and its spiritual head HH Pujya Swami Chidanand Saraswatiji, under whose leadership and example the authentic practice and experience of Yoga is being shared with our world family.

Once again, on behalf of the Ministry of AYUSH, Government of India, I welcome you to India, welcome to the Himalayas, the sacred birthplace of these sciences, and warm welcome to the International Yoga Festival.

  
(Ajit M. Sharan)

Dated the 14 February, 2017, New Delhi

सचिव  
भारत सरकार  
आयुर्वेद, योग व प्राकृतिक चिकित्सा  
यूनानी, सिद्ध एवं होम्योपैथी (आयुष) मंत्रालय  
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,  
आई.एन.ए., नई दिल्ली-110023  
SECRETARY  
GOVERNMENT OF INDIA  
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY  
UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)  
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**S. Ramaswamy**  
Chief Secretary



Govt. of Uttarakhand  
Secretariat  
4, Subhash Marg, Dehradun  
Phone : (Off.) 0135-2712100  
0135-2712200  
(Fax) 0135-2712500

**Date:- 18 February, 2017**

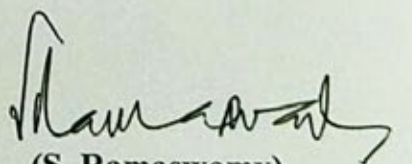
**:: Message ::**

I am delighted to learn that the 29<sup>th</sup> Annual International Yoga festival is being organized from 7<sup>th</sup> March, 2017 at Rishikesh by Department of Tourism in partnership with Parmarth Niketan. On behalf of the Government of Uttarakhand, I welcome all international and national delegates to this event. I am especially impressed to see that the festival is flourishing and thriving year by year, attracting people from all walks of life, bringing them together to celebrate Yoga and wellness, in the land where these ancient sciences have taken birth.

I hope you will have an uplifting and transformative experience during this week-long festival and that you will also learn how Yoga is not only a part of life but it can become all of life, practicing Yoga in every moment and every minute for a healthier and harmonious life. I also hope that you will explore and enjoy the extraordinary and natural beauty of this state.

I extend my deep regards to Pujya Swami Chidanand Saraswatiji Maharaj and my gratitude to Parmarth Niketan Ashram for hosting this internationally acclaimed event and also for inviting people to this sacred land, which is rich with spirituality and culture.

On behalf of the Government of Uttarakhand, I warmly welcome all delegates home to the Himalayas, India and hope the delegates are deeply rejuvenated and renewed by their time here. I also take this opportunity to extend my best wishes for grand success of the event.

  
(S. Ramaswamy)  
Chief Secretary

**Shailesh Bagauli, I.A.S.**  
Secretary /  
Chief Executive Officer



Department of Tourism  
Government of Uttarakhand /  
Uttarakhand Tourism Development Board  
Dehradun


**Message**

On behalf of the Department of Tourism, Government of Uttarakhand, Once again we are organizing the annual International Yog Festival from 1<sup>st</sup> to 7<sup>th</sup> March, 2017 at Parmarth Niketan (Rishikesh) and Ganga Resort, Muni ki Reti, Rishikesh in association with Parmarth Niketan & Garhwal Mandal Vikas Nigam. I welcome tourists and Yog lovers from across the world to the holy land of Uttarakhand.

The International Yog Festival has grown year by year in proportion and international acclaim, attracting people from all around the world. This festival is one of the great highlights in Uttarakhand each year; and it is our pleasure to extend the ancient, timeless art of yog from this holy land to each corner of the earth.

One of our primary aims as the Department of Tourism is to share with visitors the unique sights and adventures of our land. We hope you will also have time to explore the great bounty that this beautiful Himalayan state has to offer.

Once again, I welcome you to India and to the holy land of Uttarakhand.

  
(Shailesh Bagauli)



# Stay Connected



सत्यमेव जयते  
Government Of India  
Ministry of AYUSH



Uttarakhand  
Simply Heaven!



www.InternationalYogaFestival.org




## International YOGA FESTIVAL


1-7th March

Parmarth Niketan (Rishikesh)

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

 InternationalYogaFestival

 IntlYogaFest

 Download IYF App

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

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