

29th Annual, World Renowned

INTERNATIONAL YOGA FESTIVAL 2018

at Parmarth Niketan
(Rishikesh)







सत्यमेव जयते

प्रधान मंत्री
Prime Minister

MESSAGE

Congratulations and best wishes for the International Yoga Festival 2018. It was wonderful to address the festival last year and my heartiest wishes are with you again this year.

Yoga brings about a qualitative transformation in the personality of an individual. It creates a spirit of oneness, with the self, with others and with nature. It is a disservice to Yoga and to ourselves, if we look at Yoga only as a means to overcome disease and ailments. It does that and much more by ushering in holistic wellness.

For three years now, from Australia to Argentina, and from Sweden to South Africa, Yoga enthusiasts have welcomed the rays of the sun with various Asanas on the International Day of Yoga. Yoga has transcended race, colour and nationality, and garnered a truly universal appeal.

I was glad to learn that the official celebrations at the United Nations were led ably by Pujya Swami Chidanand Saraswatiji and Sadhvi Bhagawati Saraswatiji. I congratulate the Parmarth Niketan for their notable efforts to popularize Yoga. It is also fitting that the International Yoga Festival 2018 is being held in Rishikesh – which is verily the Yoga Capital of the world.

Only in a world filled with people at peace with themselves, can there be peace with each other. I wish you all success in taking the power of Yoga to newer frontiers to bring people together.

(Narendra Modi)

New Delhi
13 February, 2018

Swami Chidanand Saraswati
President, Parmarth Niketan
PO- Swargashram, Rishikesh
Uttarakhand- 249304



सत्यमेव जयते

भारत के उपराष्ट्रपति
VICE-PRESIDENT OF INDIA

MESSAGE

It is remarkable that people from over 100 nations will be coming to India in the spirit of oneness and unity to celebrate and practice Yoga at Parmarth Niketan, Rishikesh during the world-renowned International Yoga Festival (IYF). The IYF is a great testament to the power of yoga for bringing people of all lands together for an ancient art and science that symbolizes peace.

Yoga is truly the science of well-being, science of integrating body, mind and soul. Through the notion of holistic health and a conscious search for the self, this revered tradition of India's heritage serves to bring us closer to ourselves, our communities and our planet. This to me is a key to a more safer and peaceful world.

I have had the privilege of knowing HH Pujya Swami Chidanand Saraswatiji for quite some time. His message and teachings are truly universal, beyond borders of religion, caste, colour or creed. From his efforts come great interfaith togetherness, resulting in immense benefits for our nation and our world.

Now, as the world comes together in this mighty Himalayan foothills for the International Yoga Festival, I extend my warmest greetings to each participant. May all those who attend the festival spread the wealth and teachings of Yoga in their communities and countries.

My heartfelt wishes for a wonderful week ahead on the sacred banks of our National River Ganga and at the birthplace of Yoga "Rishikesh".

(M. Venkaiah Naidu)

New Delhi
13th February, 2018.





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About Parmarth Niketan

Home to the World Renowned, Annual International Yoga Festival



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

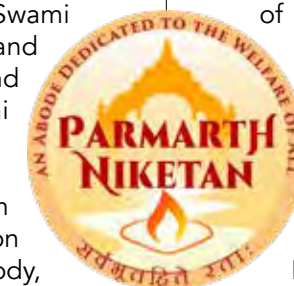
Yoga is practiced by some 300 million people worldwide, making Parmarth Niketan's International Yoga Festival a tremendous draw for individuals from around the world.

Parmarth Niketan Ashram was founded by HH Pujya Swami Shukdevanand Saraswati Ji, in the early 1940's. The ashram is currently blessed by HH Pujya MM Swami Asanganand Saraswati Ji and guided by the leadership and vision of HH Pujya Swami Chidanand Saraswati Ji.

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

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 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

H.H. Pujya Swami Chidanand Saraswatiji

President and Spiritual Head of Parmarth Niketan



Pujya Swamiji is President of Parmarth Niketan, the largest ashram in Rishikesh and one of the largest spiritual institutions in India. He is a world renowned spiritual leader, visionary and divine guide. He is the Founder of Ganga Action Parivar, India Heritage Research Foundation (IHRF), and Divine Shakti Foundation, and Co-Founder of the Global Interfaith WASH Alliance, organizations working for education, healthcare, women's empowerment, disaster relief, environmental protection, water, sanitation and hygiene (see back cover for details). Pujya Swamiji has received innumerable awards, for example the Mahatma Gandhi Humanitarian Award and the "Surya Ratna" (Jewel of the Sun Award). His religion is Unity, and he is a frequent leader at international interfaith conferences and summits such as the UN, World Economic Forum, Parliament of World Religions, etc. He travels the world, bringing people of every religion and culture closer to the Divine.

To learn more please visit:

PujyaSwamiji.org
@PujyaSwamiji



youtube.com/ParmarthNiketan

Dear Divine Souls,

I was so glad to welcome you all to the holy banks of Mother Ganga, to the lap of the sacred Himalayas, to this land which is the birthplace of yoga.

It is not a coincidence that you were here in such a holy place. You are truly the chosen ones to be here, to be able to imbibe the ancient and timeless nectar of yoga. 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 are coming 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. Yoga is not only for health of the body; rather it also brings health, balance and stability to the mind, heart and your entire being.

Know that you have come home, here at Parmarth Niketan. This is your Himalayan home. Everything that your soul needs is here in abundance: serenity, inspiration and the divine touch. Come, 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. Be touched and transformed by the divine, sacred energy of this holy place. Surrender, surrender your grudges, pains, difficulties and obstacles into the flowing waters of Mother Ganga. Let go, and let Ganga wash away the barrier between you and the peace, joy and light your life is meant to embody.

I always say, "Come to nature, be with nature, and change your nature." Let your soul and spirit reach the height of the Himalayas in whose lap you are sitting. Let your joys, sorrows, attachments flow like the water in the Ganges. Become like the sunrise which brings light and warmth each day and a new day to all – with no discrimination, no vacation, no hesitation, and no expectation.

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 for the commitment and dedication of the Government of India led by our visionary Yogi Prime Minister Shri Narendra Modiji for their great dedication to the propagation of the science and art of yoga.

May God bless you all with the continued awareness of the Divine within you and continued connection to the Divine Source.

With love and blessings always,

Swami Chidanand Saraswati

Welcome Message

Sadhvi Bhagawati Saraswatiji,

Director of International Yoga Festival

Jai Gange!



Sadhviiji is a graduate of Stanford University and has a PhD in psychology. She has lived at Parmarth Niketan, Rishikesh, India, for more than 20 years, where she teaches meditation, gives spiritual discourses, provides counseling and oversees myriad charitable and humanitarian projects, including directing the annual International Yoga Festival.

She was officially ordained into the order of Sanyas (monastic vows) by her guru H.H. Pujya Swami Chidanand Saraswati in the year 2000.

She is Secretary-General of the Global Interfaith WASH Alliance, an international interfaith organization dedicated to bringing clean water, sanitation and hygiene to all, and the President of the Divine Shakti Foundation, a foundation dedicated to bringing education and empowerment to women and children (see back for more details). She has also been a featured speaker at the United Nations, Parliament of World Religions and other international conferences and summits.

To learn more about Sadhviji, please visit:

Sadhviiji.org

@SadhviBhagawatiSaraswati

@SadhviBhagawati

www.youtube.com/ParmarthNiketan

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, a place where for thousands of years saints, sages and rishis have performed their meditation, their yoga and attained enlightenment. It was a great honour and joy to have been organizing this festival for so many years and to watch it grow and blossom, bringing together more and more of the global yoga family.

The International Yoga Festival is a beautiful time of seeing the world come together in the name of yoga, or union. We have a union of countries, cultures, colors and creeds, a union of different lineages of yoga, a union of saints, yogacharyas and seekers.

As our world International Yoga Festival family gathered 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 learned asana, pranayama, meditation, philosophy and so much more from world renowned yogacharyas. We delved into hatha yoga, ashtanga yoga, raja yoga, kundalini yoga, so many other forms of yoga and also 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 you were here, you imbibed not only the teachings but also the divine touch and transformation of this sacred place. You let the waters of Mother Ganga wash over you, and let the blessed atmosphere transform your whole being, filling you 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
100 NATIONS
**THE TEACHING, TOUCH
& TRANSFORMATION
OF YOGA**

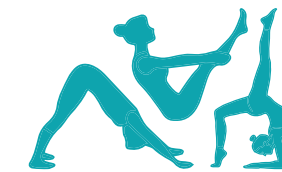
IYF 2018

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 2000 PARTICIPANTS
From 100 countries



NEARLY 200 CLASSES
More than 60 diverse class offerings



MORE THAN 80 PRESENTERS
From more than 20 countries



100 Countries Participate in the International Yoga Festival 2018





सत्यमेव जयते
Government Of India
Ministry of AYUSH

अतुल्य! भारत
Incredible India



International Yoga Festival

Welcome Home



World Class
Cultural Performances by



at Parmarth Niketan (Rishikesh)
March 1-7, 2018



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#IYF2018

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ParmarthNiketan

Registration

Welcome Home. Welcome All.

A record number of participants arrived to Parmarth Niketan (Rishikesh) for the International Yoga Festival 2018. Expecting over 2000 participants from around the world this year, the beautiful and green grounds of one of Rishikesh's largest Ashrams 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 Mother 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. Registration was handled by a dedicated and diverse team of volunteers, who also came in from around the world to serve during the 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 -



Day 1

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

The first day of the festival saw a beautiful 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.

The first day of the International Yoga Festival at Parmarth Niketan began at 4:00 am with Kundalini Sadhana led by Gurushabd Singh Khalsa from California, USA, followed by pre-breakfast classes including: Vinyasa Yoga with Akira Watamoto of Japan, Vinyasa Strength with Krishnamurthy Mohan Raj of China, and Kundalini Yoga with Gloria Latham of Canada.

After breakfast, the morning intense asana classes took place with Gurmukh Kaur Khalsa, founder of Golden Bridge Yoga in California, USA teaching Kundalini yoga, Deborah Langely of Australia teaching Lotus Flow Vinyasa, H.S. Arun of Bangalore, teaching Iyengar Yoga, as well as Mert Guler of Turkey leading a beautiful Sufi Meditation. Joanna Faso of USA taught a Sanskrit Mantra Workshop focusing on the Maha Mrtyunjaya mantra.

At 11am, the Spiritual Discourse Series commenced with a highly-motivational address by HH Pujya Sri Shankaracharya Swami Divyanand Teerthji and renowned biologist Dr. Bruce Lipton, who uplifted and inspired the audience with a talk on the influence of our thoughts on our cells and the importance of spiritual practice.

After enjoying lunch in the sunshine, highlights of the afternoon included a talk on the role of yoga to make a healthy world by Dr. Ishwar Basavaraddi, a Bhakti Yoga session with Daphne Tse of USA, a Cosmic Intelligence Plus Meditation with Maa Gyaan Suveera, Maharishi Meditation with Laura Plumb of California, and Raga Sound Healing

with Tilak Vishvas.

The later afternoon classes included Kundalini Yoga classes with Tommy Rosen and Kia Miller of California, Yin Yoga with Yujia of China, Lila Yoga with Eric Kaufman of Pennsylvania, USA, Yogi Yoga with Mohan Bhandari, originally of Rishikesh and now of China, as well as a beginner's introduction class to meditation and asana with Katie B Happy of California. On the Sacred Sound Stage, Cheryl Friedman of USA led a session on "Vocal Bliss: Finding Your Soul Voice."

After the afternoon classes, we had a special advance Holi Celebration with Eco-Friendly colors along the banks of Ganga, filled with music and dancing. The full celebration will be tomorrow but the participants had a special "preview" of Holi today, followed the sacred Ganga Aarti, followed by the burning of the Holika Effigy.

During Ganga aarti, Sadhvi Bhagwatiji explained to all the participants about the deeper meaning of Holi and the story of the devotee Prahlad with what Holika represents. The participants who come from every religion and culture were so touched to learn the deep and universal significance of this holiday and they joined together in lighting the Holika effigy, expressing their enthusiasm to play Holi with colors more tomorrow.

After dinner, participants were thrilled to have the special occasion of a concert by world famous percussionist Sivamani – a true ecstatic experience of drums, music and rhythm, soul, and dance -- alongside renowned violinist and composer Balabhaskar. Sivamani's style is deeply profound and mysterious at one moment; tantalizing and exuberant at the next. However, augmenting the brute power, are his rhythmic style and harmony, which surrounds the discerning listener with warmth, joy and bliss. 🌸



[Click here to watch!](#)

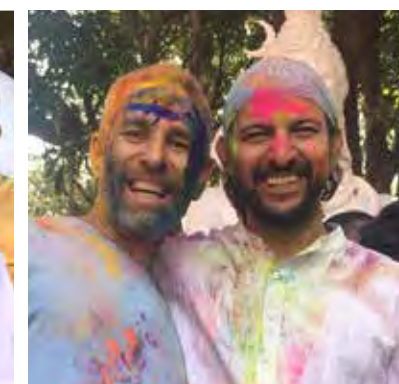


[Click Here to See More](#)



Day 2

Holi Played with Yogis from 100 Nations & Renowned Percussionist Sivamani on Second Day of International Yoga Festival



The colours of Parmarth Niketan Ashram became brighter as participants from 100 nations enjoyed a special Holi celebration with Pujya Swamiji, Sadhvi Bhagawati, 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.

Said Pujya Swamiji, "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. It is also a beautiful example of the deep and universal meaning of Indian holidays. They teach us how to make our holidays into holy days!"

Said Sadhvi Bhagawati, "Today's beautiful celebrations brought the world together in song, dance, joy and colours. We celebrated Holi because we want everyone to return to their 100 nations with their hearts coloured in the colour of yoga, the colour of union, the colour of oneness and peace. The colours on our faces will wash right off, but the colour on our hearts is what everyone will take home with them and be true ambassadors of yoga, of peace and of environmental protection." 🌱



[Click here to watch the Holi Celebrations!](#)



Before the Holi Celebrations, participants in the second day of the International Yoga Festival took part in early morning classes which included a 4am Morning Sadhana class with Sukhmandir Singh of USA, followed by classes in Bhakti Yoga with Daphne Tse of Texas and Hawaii, Traditional Hatha Yoga with Sadhvi Abha Saraswati of Parmarth Niketan, Pranayama with H.S. Arun of Bangalore, Sufi Meditation with Mert Guler of Turkey, and Forrest Yoga with Ana Forrest & Jose Calarco of Australia. There was also a Dhruwad Morning Raga Concert with Astha and Pradeep Chopra on the special Sacred Sound Stage.

Following breakfast, classes in asana continued with Jivamukti Yoga with Jules Febre of New York, Iyengar Yoga with H.S. Arun, Kundalini Yoga with Kia Miller of the UK, Sattva Yoga with Anand Mehrotra, and a special joint class of Mantra Vinyasa with Akira Watamoto of Japan and Anandra George of USA. Cheryl Friedman of USA led a Sanskrit Mantra Workshop, focusing on the Savitri Gayatri mantra.

Following the Holi celebrations

and lunch, divine talks and meditations were led, including a talk on karma and dharma with Laura Plumb of California, Aura Healing with Maa Gyaan Suveera, Yoga Nidra with Sadhvi Abha Saraswati, Inner Yoga Therapy through Chakras with Satya Kalra, and Gong Healing with Sanj Hall.

There was also a special screening of the film "PGS – Intuition is Your Personal Guidance System" by Australian producer/director Bill Bennett, a 90-minute movie detailing one man's search for a voice that saved his life. The search took Bill Bennett to some of the most remote and sacred places on the planet, to talk to holy men and mystics, including IYF's Founder Pujya Swami Chidanand Saraswatiji and IYF Director Sadhvi Bhagawati Saraswatiji, sadhus and saints, research scientists and quantum physicists and psychiatrists. The film has already opened to sold out audiences in several cities across the world including Hollywood.

In the afternoon sessions, Mert Guler of Turkey led a meditation on Rumi and Love, Erica Kaufman of USA led an introduction to Lila

Yoga class, Francesca Cassia of Italy led Odaka Yoga, Ana Forrest & Jose Calarco of Australia led Forrest Yoga, Katie Fisher of USA led a class on Bio-Acoustic Medicine with Tuning Forks, Mudra and Marma, and Yuva Dayalan of Hong Kong led a class in Yuva Yoga.

During the Divine Ganga Aarti in the evening, IYF Yogacharya Laura Plumb's new book "Ayurvedic Cooking for Beginners" was launched and blessed by Pujya Swamiji. Laura is dedicated in the field of Mind-Body Medicine. She is founder of Ganga Yoga, in which she was inspired by Pujya Swamiji to develop a new form of yoga that will connect people all over the world to Ganga.

Following the divine Ganga Aarti and dinner, Daphne Tse of Texas and Hawaii, USA led sacred chanting and music with guest musicians Setsuo Miyashita, Gumi, Keigo Tanaka, Ryohei Kishimoto, and Momoko Nagano. All hailing from Japan, all the musicians have extensively studied classical Indian music, including mantra and instruments like the santoor. 🌸

[Click Here to See More](#)



Day 3

Inauguration by the Hands of Hon'ble Vice President of India

People from 100 Nations, Vice President, Governor, CM, Dignitaries and Saints Converge for Inauguration of Parmarth Niketan's Renowned International Yoga Festival

The International Yoga Festival was officially inaugurated on the third day by the Hon'ble Vice President of India, Shri M Venkaiah Naidu at a ceremony that included congratulatory statements from Hon'ble Governor of Uttarakhand, Shri KK Paul; Hon'ble Chief Minister of Uttarakhand, Shri Trivendra Singh Rawat; Hon'ble Union Minister of Tourism, Shri Alphons Kannanthanam, Hon'ble Minister of AYUSH, Government of Uttarakhand, Shri Harak Singh Rawat and Hon'ble Minister of Higher Education, Government of Uttarakhand, Shri Dhan Singh Rawat, Hon'ble Speaker of Legislative Assembly, Shri Prem Chand Agarwal and Hon'ble MLA Yamkeshwar, Smt Ritu Khanduri, as well as the participation of numerous renowned faith leaders, dignitaries and yogacharyas from nearly 20 countries across the world.

The inauguration was presided over by H.H. Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan, and Sadhvi Bhagwati Saraswatiji, Director of International Yoga Festival.

Yoga, once an art restricted only to the sages of the high Himalayas, is now practiced by some 300 million people practice yoga worldwide, making Parmarth Niketan's International Yoga Festival a tremendous draw for individuals from around the world.

The official inauguration of the event saw a beautiful and colorful tapestry of participants representing the world's faiths, nations, cultures, races and regions as Germans, South Africans, Turkish, Swiss, Guyanese, Kyrgyzstani, Mauritians, Romanians, Indians, and people from numerous other nations formed bonds of togetherness under the common flag of yoga, on the banks of the sacred River Ganga, in the World Capital of Yoga. 🌿

[Click Here to See More](#)



“Yoga is not a religion. It is a culture and a way of life. It is the key to how our ancient civilization has stood the test of time. Yoga unites our thoughts, words and actions, our mind, body and speech. It facilitates greater unity in our society, amongst our generations and amidst our nations.”
 - HE Vice President Shri M Venkaiah Naidu -



HE Vice President Shri M Venkaiah Naidu stated, *“I heartily congratulate Pujya Swami Chidanand Saraswatiji, the Founder of the International Yoga Festival (IYF) at Parmarth Niketan, and Sadhvi Bhagawati Saraswatiji, the Director of IYF, for creating such a beautiful festival for the world to take part in and celebrate the true essence of yoga and for them to celebrate the diversity whilst stay rooted in the unity, in line with the tradition of our sacred land. I am so glad to learn how this festival has grown and blossomed over the last nearly twenty years at Parmarth Niketan. I am also glad to see the message being propagated here that we have to preserve nature and our culture to pave the way towards our collective future.”*



Said HE Governor Dr. Krishna Kant Paul of Uttarakhand, *“IYF is the brainchild of Pujya Swami Chidanand Saraswatiji. This festival has not only been able to convey the essence of yoga but it has also been able to motivate a large number of people not only in India but also abroad to turn towards Yoga. The presence of a large of number international delegates here today and year after year is a symbol of the power of yoga and the success of the IYF at Parmarth Niketan.”*



Said HH Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan and Founder of its International Yoga Festival, *“To-day is truly a historical day -- people from 94 countries and our Hon'ble Vice President together on the banks of Ganga! Yoga is an amazing gift to humanity. As sun and moon are for all, so yoga is for all. Yoga shows us the way from focusing on Wifi to focusing on Why I? Why I am on this Earth? Yoga is the way to a lifelong 3H programme -- Health, Happiness and Harmony. So, love yoga, live yoga and be yoga.”*



Hon'ble Chief Minister of Uttarakhand, Shri Trivendra Singh Rawatji said, *“I warmly welcome you to Devbhoomi, Uttarakhand and I express my appreciation to Pujya Swamiji for bringing people from 94 nations to be touched and transformed by this sacred land. I am certain that during their time they will learn how to live with greater peace, happiness and contentment in their lives. Today, when the world is restless and stressed, losing their peace, in the face of this darkness, yoga is the light for peace and happiness. Yoga is true wealth of our nation.”*



Hon'ble Tourism Minister Shri K Alphons said, *“There is genocide happening in parts of the world, there is violence amongst women and children as well as the environment but amongst all this - there is one thing uniting the world and that is yoga. That is our great legacy to the world.”*



Said **Sadhvi Bhagawati Saraswatiji, Director, International Yoga Festival and President, Divine Shakti Foundation**, "When we look around the world today, we see violence, crime, war, poverty, environmental destruction. Yoga is our magic wand. If yoga, in its fullness of eight limbs as given by Sage Patanjali were truly practiced and embodied by all, the problems of our world would dissipate and even disappear. The time is now. We are the ones. Yoga is the answer."



Prior to the rousing speeches, a special ceremony was held in which the Yogacharyas and Country Ambassadors were given a "Tree of Yoga", followed by a divine Water Blessing Ceremony. After this, the Yogis from across the world took part in a Yoga in Action Pledge, raising their hands in unity to help make the planet Clean, Green & Serene for all beings.



Said **world-renowned Kundalini Yoga Teacher and Founder of Golden Bridge Yoga LA, Gurmukh Kaur**: "I have been coming to the International Yoga Festival at Parmarth Niketan since its inception. It's been nearly twenty years of our time together. I go around the world, to numerous festivals, but this one is very special. One that I know I personally get a lot of energy and healing from, which helps me share the same with my students."



Said **American Yoga Teacher, founder of Recovery 2.0, a new system of using yoga to help people recover from addictions, and renowned 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 **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 100 nations, take what you have learned and shower the world with love."

[Click here to watch the inspiring speeches](#)



On the third day, the first class began at 4:00 am with Kundalini Sadhana, by American Sikh, Gurushabd Singh of New Mexico, United States. At 6:30 am, festival offerings included: Iyengar Yoga with H.S. Arun, Ashtanga Vinyasa Yoga with Bharath Shetty, Traditional Hatha Yoga with Sadhvi Abha Saraswati, Vinyasa Yoga with Krishnamurthy Mohan Raj of China, and T'ai Chi with Sandeep Desai.

As the sun rose over the River Ganga, a special meditation was held on the river's serene banks with soothing and melodious mantras chanted by Anandra George of Hawaii, USA.

After a beautiful breakfast in the gardens, a special session was held that included a 2-hour program

of yoga taught by four different yogacharyas. These sessions included: Meditation with Gurmukh Kaur Khalsa of California, Kundalini Yoga with Kia Miller of Venice, California, Forrest Yoga with Ana Forrest & Jose Calarco of USA and Australia, and Sattva Yoga with Anand Mehrotra of Rishikesh.

After lunch, highlights included a talk on the Yoga of Eating with famous dietician to the stars Rujuta Diwakar of Mumbai, Yoga Nidra with Sadhvi Abha Saraswati of Parmarth Niketan, Daoist Yoga with Yujia of China, Kirtan & Bhakti Workshop with Kirtanias, and a Guided Chakra Balancing class with Maa Gyaan Suveera of Rishikesh. Afternoon session highlights included Vinyasa Yoga with Akira Watamoto of Japan,

Krishnamacharya-Style Yoga with Laura Plumb of USA, Yogi Yoga with Mohan Bhandari of China, Jivamukti Yoga with Jules Febre of New York, Kundalini Yoga with Tommy Rosen of California, Somatic Yoga with Brian Siddharth Ingle of Ireland, and chanting with Anandra George.

In the evening, participants were treated to a very unique and special play about Mahatma Gandhi's life by actor João Signorelli of Brazil, followed by Sufi Meditation and ecstatic Whirling Dance led by Mert Güler of Turkey. Including Sufi meditation and whirling dancing in the International Yoga Festival is a great example of the openness and universality of Indian culture. 🌸



"Our scriptures remind us, 'Let all the noble thoughts come from all directions,' and 'The Truth is One, but the sages call it by different names.'"
- Pujya Swamiji -

[**Click Here to See More**](#)

Day 4

Yogis From Across the World
Join Together
in Prayer & Meditation



[Click here to listen to the meditation](#)



The fourth day of IYF opened with yogis from around the world meditating together on the banks of Mother Ganga. In a beautiful program, Pujya Swamiji, Pujya M.M. Swami Asanganand Saraswatiji, Sadhvi Abha Saraswatiji, Sadhvi Bhagawati Saraswati and Gurmukh Kaur led a special two-hour experience of chanting and meditation. Sadhvi Bhagawati shared also the story of the Goddess Ganga coming onto earth and the meaning for us in our lives today: "Liberation is not just that which happens after we die. It is not the body which binds and chains us. It's the way we identify with the body and mind. Let the Mother Goddess Ganga flow through you, freeing you and bringing you liberation while IN the body."

Following the meditation and breakfast in the gardens, the Spiritual Lecture Series was blessed with a discourse by renowned scientist Dr.

Bruce Lipton on the effects of Yoga on our cells and by Pujya Swami Paramadvaitiji on the Yoga of Love.

Class offerings after the spiritual lecture included Kundalini Yoga with world-famous Kundalini yoga teacher Gurmukh Kaur Khalsa of USA, taught on the Yoga Ghat. The other asana intense classes included a class focused on Shiva-Shakti Power with Yogrishi Vishvketu of Rishikesh, Zen Yoga with Hikaru Hashimoto of Japan, Devotional Yoga with Yoshi Aono of USA, and Vinyasa with Katie B Happy of USA.

After lunch in the garden, spiritual discourses included Inbound Yoga with Srila B.A. Paramadvaiti Swamiji of South America, Epigenetics with Dr. Andrea Paige of Bali, Yoga of Dance & Soul with Daphne Tse, and Healing Sound Bath with Katie Fisher.

The late afternoon classes includ-

ed a yoga class on Hip and Shoulder Opening by Mohan Bhandari of China, originally from Rishikesh, and Kundalini Yoga with Tommy Rosen of USA. Anand Mehrotra taught Sattva Yoga, Roberto Milletti of Italy taught Odaka Yoga, and Saul David Raye of USA led a class on unlocking our Prana Shakti. Joanna Faso led Mantra Yoga for Mental Health on IYF's Sacred Sound Stage.

Following Ganga Aarti and dinner, participants enjoyed ecstatic kirtan with the musical group Kirtaniyas. The Kirtaniyas are well-known for their fusion of traditional Indian style vocal music with multi-instruments. Bhakti yoga, or devotional singing and chanting of kirtan. The path of devotion is one that is not common to people in the West the way it is in India, and so Parmarth Niketan has been committed to sharing and offering that special and unique form of yoga with the participants. 🙏



[Click Here to See More](#)



Yogacharyas and participants took part in a special meditation at Maharishi Mahesh Yogi's Ashram, just steps away from Parmarth Niketan.

2018 marks the 50th anniversary of the time when the world-famous band The Beatles stayed at Maharishi's ashram in Rishikesh, where they wrote nearly fifty songs that soon became some of their biggest hits. On this anniversary, many celebrations have been planned with the devotees of Maharishi to remember and celebrate His life and teachings.

Pujya Swami Chidanand Saraswatiji led the participants from 94 countries by foot on a walking pilgrimage to Maharishi ashram where there was sacred chanting and divine meditation. Honorable Minister of AYUSH and Minister of Forests, Shri Harak Singh Rawatji joined the special event.

Pujya Swami Chidanand Saraswatiji said, "Maharishi always emphasized the power and vital importance of meditation. I often share meditation is the best medication for all agitation. Today, the world needs more meditation. Meditation brings equa-

nimity, harmony, love and peace to our lives. Meditation gives you the inner connection. In the age of internet, we also more than ever need our inner net to stay grounded and balanced. Internet grants us the fastest speed but our inner net grants us the direction."

Earlier in the day, the spiritual lectures series was graced today by Sri Prem Babaji, renowned leader from Brazil and founder of Awaken Love who spoke on the Yoga of Love, and renowned scientist and environmental activist Dr. Vandana Shiva speaking on the Yoga of Action.

Dr Vandana Shiva shared in her inspiring speech which got a standing ovation at the end with yogis from around the world giving their thunderous applause to her inspiring thoughts, "There is a simple way of living and that simplicity is the Yoga of the Earth, Yoga of love and the Yoga of action. Each time you think the problems are so big and I am too small, I take inspiration from the seed which is so small but changes everything. Each of us is a seed for another future. A future of love, oneness, healing and interconnectedness- a

future of Yoga."

Sri Prem Babaji said, "This moment requires for the union and reunion of the human family. It is coming together with the people first of people who understand the importance of transformation, and who are able to put their gifts and talents together for such transformation. The principles of yoga, the niyamas and yamas, the 8 limbs are key to ending the cycle of violence in the world, violence toward ourselves and toward others, and to tapping into the experience of love."

In the evening, a very special Global Music and Dance program brought together the cultures of the world. Performances included Russian musician Denis Kucherov, traditional Bharatanatyam and Gujarati folk dance with Bharat Barai of Gujarat, and dance and song showcases from around the world, ranging from the UK to Mongolia and more. The event was a true celebration of the spirit of the International Yoga Festival, which this year brought together over 2000 participants from 100 nations around the world. 🌍

Day 5

Yogis Mark 50th Anniversary of The Beatles in India with Special Meditation at Maharishi Mahesh Yogi's Ashram

[Click here to listen to the meditation](#)

On the fifth day of International Yoga Festival, 4am Kundalini sadhana was led by Gurushabd Singh, an American Sikh and disciple of Yogi Bhajan. Other early morning classes included Traditional Hatha Yoga with Sadhvi Abha Saraswati of Parmarth Niketan, Odaka Yoga with Roberto Milletti of Italy, MetaFlow with Bhavini Kalan of South Africa, and Japanese Traditional Mantra with Japanese musicians Setsuo Miyashita, Gumi, Keigo Tanaka, and Momoko Nagano.

Mohan Bhandari, a yogacharya from Rishikesh who is now living in China, taught Yogi Yoga, and Radhika Nagrath led Sunrise Sun Salutations along the banks of

Ganga. Yogrishi Vishvketu of Rishikesh led a Holistic Yogic Journey through the Five Khoshas.

Post-breakfast, morning asana classes continued with Tantra Yoga with Saul David Raye of the UK, Shakti Yoga with Laura Plumb of California, Jivamukti Yoga with Jules Febre of New York, and a Sanskrit Mantra Workshop focusing on the mantra Asato Ma with Joanna Faso. A class entitled Uncovering the Mystery of the Psoas was taught by Francesca Cassia.

A special Indian Classical Dance workshop was also taught by Bharat Barai of Gujarat and Akshay Patel of Nityavali, who

travel the world teaching Bharatanatyam.

After lunch in the garden of Parmarth, special talks took place throughout the IYF. Dr. Vandana Shiva gave an inspiring talk on the yoga of action to protect our future, and Shubhvilas Das gave a divine talk on the inner meaning of the Hanuman Chalisa. Dr. Andrea Paige of Bali gave a talk on fasting, Tommy Rosen of California spoke on recovering from addiction through yoga, and Dr. Anjana Bhagat spoke on aromatherapy to balance energy centers. Satya Hinduja created an Alchemic Sound Experience for yoga participants at the Sacred Sound Stage. 🌸



[Click Here to See More](#)



“There is a simple way of living and that simplicity is the Yoga of the Earth, Yoga of love and the Yoga of action. Each time you think the problems are so big and I am too small, I take inspiration from the seed which is so small but changes everything. Each of us is a seed for another future. A future of love, oneness, healing and interconnectedness - a future of Yoga.”
- Dr. Vandana Shiva -



Day 6

Science & Spirituality Come Together at International Yoga Festival



[Click here to listen to the lecture](#)



“Science is great if the subject is something within the purview of science’s tools. But if the subject is beyond these tools, science does not have the answer, only spirituality does...In spirituality, the Truth is eternal, universal and not dependent on time, place or tools.”

- Sadhvi Bhagawati Saraswati -

“We are not victims of our genes. We are victims only of our mental programming. If we can free ourselves from the negative, fear based, sabotaging mental programming through yoga and meditation, we can create heaven on earth in our own lives and every day can be a honeymoon.”

- Dr. Bruce Lipton -

On the sixth day of International Yoga Festival, Parmarth Niketan Ashram was awash today in a sea of colour and a flood of languages as people from 100 countries united to form an enormous peace symbol in the back yoga garden and pledged to be torchbearers of peace.

The spiritual lecture series was a conversation on “Science Meets Spirituality - The Power of Yoga to Transform Your Cells to Your Self” with Sadhvi Bhagawati Saraswati and Bruce Lipton Ph.D., an internationally renowned scientist and best-selling 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.

The morning, 4am Kundalini sadhana was led by Gurushabd Singh of USA, followed by other early morning classes including Kundalini Yoga with Kia Miller of USA, Vinyasa with Katie B Happy of USA, and Sukshma Yoga with Nandini Tripathi of Parmarth Niketan. Saul David Raye of the UK led a class focused on Hridaya Shakti, and Dayna Seraye of USA led a class focused on the Heart of Hanuman. Ana Forrest of USA and Jose Calarco of Australia led Forrest Yoga, a style of Yoga which brings together Music, Philosophy, First Peoples (native people of USA, Australia, etc.),

Prayer, Poetry & Shamanism, bringing many new avenues of healing for modern yogis.

As the sun rose over the banks of the River Ganga, participants were enchanted by soothing, melodious mantra chanting by Anandra George of Hawaii, USA.

Later in the morning, world-famous Kundalini Yoga teacher Gurmukh Kaur of USA led Kundalini Yoga, Tommy Rosen of USA led a separate Kundalini Yoga class, Brian Siddharth Ingle of Ireland taught Somatic Yoga, and Jules Febre led Pranayama and Meditation. Swami Uttamananda led the Sanskrit Mantra Workshop, which focused on the inner meaning of Aum and Om Namah Shivaya. Anand Mehrotra led a class in Sattva Yoga.

Following lunch, Dr. Anjana Bhagat led an introductory chakra meditation with essential oils, Daphne Tse of USA led chanting for the soul, Swamini Adityananda Saraswati of Parmarth Niketan taught a class on spiritual dream boarding to chart our course for a divine tomorrow, Ven. Bhikkhu Sanghasenaji led a Buddhist meditation, and Katie Fisher of USA led a chanting session focusing on vibrational frequencies for health.

A special talk was held with renowned American motivational author and speaker Brandon Bays, who spoke about what she refers to as “The Journey.” The powerful teachings of The Journey were born from Brandon’s own direct experience of healing from a large tumor in just 6 ½ weeks – without drugs or surgery. The Journey allows us to get to the root cause of our limitations and the shut downs that prevent us from living life to the full – and that can even make us ill, bringing healing and transformation at a cellular level.

In the later afternoon, intense asana classes included Yuva Yoga with Yuva Dayalan, beginner level for health and longevity with Simon Borg-Olivier of Australia, Lotus Flow Vinyasa with Deborah Langeloy of Australia/New York, and a musical workshop entitled “The Rhythm of Life” with Tabla Maestro Pankaj Suhash. Yogi Amandeep Singh of Singapore taught a Kundalini Yoga class. Sadhvi Bhagawati Saraswati led a beautiful satsang followed by a meditation entitled “Ganga Flow Meditation: Let Go, Expand, and Connect in the Presence of Truth.”

After Divine Ganga Aarti, the yogis were treated with an exuberant cultural song, dance and theatre performance by the Parmarth Rishikumar. 🌸



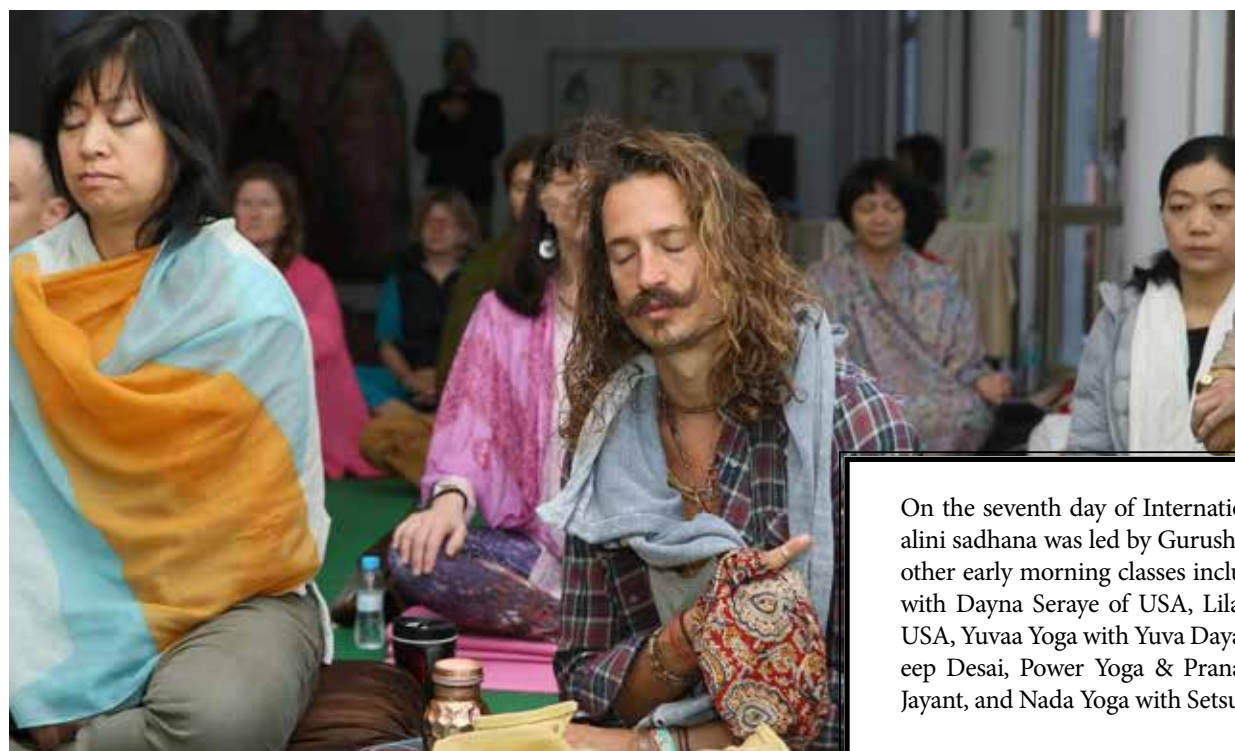
“The very first yama given by Patanjali is ahimsa, non-violence. To be true yogis, not just acrobats or exercisers, you must begin with a foundation of ahimsa.”
 - Sadhvi Bhagawati Saraswati -



[Click to here to watch!](#)



[Click Here to See More](#)



Day 7

**International Yoga Festival Concludes
with Over 2000 Participants From
100 Countries Around the World**

On the seventh day of International Yoga Festival, 4am Kundalini sadhana was led by Gurushabd Singh of USA, followed by other early morning classes including “Awaken the Bliss Body” with Dayna Seraye of USA, Lila Yoga with Erica Kaufman of USA, Yuvaa Yoga with Yuva Dayalan, Ashtanga Yoga with Sandeep Desai, Power Yoga & Pranayama with Yogiraj Vishwapal Jayant, and Nada Yoga with Setsuo Miyashita of Japan.

After a light breakfast, yoga classes continued with Kia Miller of USA leading Kundalini Yoga, Sadhvi Abha Saraswati of Parmarth Niketan leading Traditional Hatha Yoga, and Ana Forrest of USA and Jose Calarco of Australia leading Forrest Yoga. Saul David Raye of UK led a sacred sound healing experience focusing on the power of Om, and Cheryl Friedman of USA led the Sanskrit mantra workshop, focusing on the mantra “Lokah Samastah Sukhino Bhavantu.” Mert Guler of Turkey led a meditation on Rumi and love.

Following the morning’s classes, the yogis were blessed in the Spiritual Lecture series with the presence of Ven. Bhikkhu Sanghasenaji, who spoke on Buddhist yogic philosophy, and Srila

B.A. Paramadvaitiji, who spoke about environmental-focused yoga. Pujya Mooji, who has attended the IYF for the last several years, sent a video message to the participants, allowing them to still imbibe his words and feel his presence in the festival.

After lunch, IYF participants were treated to a series of talks and experiences, including Inner Yoga Therapy through Chakra Alignment with Satya Kalra of USA, Kirtan Chanting with Adam Bauer of USA, and Alchemic Sonic Environment with Satya Hinduja. Renowned scientist Dr. Bruce Lipton gave a special talk entitled “The Honeymoon Effect: The Science of Creating Heaven on Earth.”

The last session of the 2018 IYF took place in the later afternoon, which included Osho Meditation with Chandanni Miglino of California, Sattva Yoga with Anand Mehrotra, and Kirtan 101 with Harinam Anand. Jivamukti Yoga was led by Jules Febre, an internationally acclaimed Advanced Certified Jivamukti Yoga Teacher from New York, USA. Yoshi Aono of Colorado, USA led a class entitled “From Vision to Devotion to Liberation: Awakened Entrepreneurship in the Western Paradigm.”



[Click Here to See More](#)

Concluding Ceremony

Pujya Swami Ramdevji, Pujya Swamiji, Pujya Prem Babaji, Smt. Hansa Yogendra & Other Eminent Dignitaries Conclude the Week-Long IYF

IYF at Parmarth Niketan honoured and enlisted in the official World Record Book for Biggest International Yoga Festival, hosting record number of hours of Yoga classes from world-class Yoga teachers practicing multiple styles of Yoga



The 29th annual International Yoga Festival concluded, having been attended by more than 2000 people, who came from 100 countries across the world to take part in inspiring lectures and courses by over 80 revered saints, yogacharyas, presenters and experts who taught nearly 200 offerings throughout the week.

Sadhvi Bhagawati Saraswatiji, Director of International Yoga Festival, with the official certificate for the World Record for Biggest International Yoga Festival for hosting a record number of hours of Yoga classes from world-class Yoga teachers practicing multiple styles of Yoga, including Kundalini Yoga, Power Vinyasa Yoga, Iyengar Yoga and Kriya Yoga.

The participants go back to their countries full of inspiration to be ambassadors of yoga, ambassadors of love, ambassadors of peace, and ambassadors of unity. New friendships were formed during the course of the IYF, in many cases between people who would never have met and were from countries who are fighting each other. The International Yoga Festival was a true celebration of yoga – which means “union” – as it brought the world together in the name of unity, togetherness, and peace.

The International Yoga Festival at Parmarth Niketan will be listed in the official World Record book and Pujya Swamiji and Sadhvi Bhagawati were congratulated by the officials from India and the United Kingdom - Shri Virendra Sharma (Member of Parliament, England), Dr. Diwakar Sukul (Chairman, World Book of Records, London), and other international dignitaries.

The concluding ceremony was led by Pujya Swami Chidanand Saraswatiji and graced by Pujya Swami Ramdevji, Pujya Prem Babaji, Director of The Yoga Institute Smt. Hansa Yogendraji, Director of The Art of Living's women and child welfare programmes and sister of Pujya Sri Sri Ravi Shankar, Smt. Banumathi Nar-simhan, renowned Sufi singer Kailash Kher, and all of the divine yogacharyas of the IYF.

Sadhvi Bhagawati's new book entitled “Satsang: In the Presence of Truth” and a new translation into Chinese of Pujya Swamiji's book “Peace” by yogacharya Mohan Bhandari were officially launched and blessed by the present dignitaries. The Concluding Ceremony was followed by Divine Ganga Aarti.

The evening concluded with a special, memorable Sufi music concert on the banks of the Ganga by the world-renowned Sufi singer Kailash Kher. Kailash Kher, who is now known throughout the world for his soulful voice and inspiring songs, is a former Parmarth Niketan Rishikumar (student). 🙏

During the ceremony, The World Book of Records, London (UK) presented Pujya Swami Chidanand Saraswatiji and





“Through yoga, we can achieve anything. Through yoga we can achieve the Divine. All of you here are ambassadors of yoga...and nothing that a yogi does should be impure, we should live a life of purity and truth through yoga. You are not just a representative of yourself, but you are representatives of yoga around the world.”
- HH Swami Ramdev -

[Click to here to watch the concluding ceremony](#)





Sufi music by
world-renowned
KAILASH KHER
& **KAILASA**
Concludes the 29th
Annual International
Yoga Festival

[Click to here to watch
a clip of Kailash Kher's
performance!](#)



International Women's Day

Pujya Swami Ramdevji, Pujya Swamiji, Pujya Prem Babaji, Smt. Hansa Yogendra & Other Eminent Dignitaries Conclude the Week-Long International Yoga Festival

The day after IYF's official conclusion, International Women's Day was celebrated at Parmarth Niketan with all the participants and yogacharyas, as well as a number of esteemed women leaders and dignitaries.

The celebration started at 7:00am with Shakti Yoga with Laura Plumb along the banks of Ganga. Laura Plumb, based in California, USA, is an Ayurvedic practitioner and yoga teacher dedicated to the field of Body-Mind medicine. She is founder of Ganga Yoga, in which she was inspired by Pujya Swamiji to develop a new form of yoga that will connect people all over the world to Ma Ganga.

Following Shakti Yoga, a special Shakti Havan was led by Sadhvi Abha Saraswati and the Parmarth Rishikumars, Shakti Dance with Anuradha, and concluding with a divine Ganga Snaan with all participants.

In the evening, the International Women's Day celebration, in which awards were given to women who are doing and leading excellent work in their communities. The event was graced by Hon'ble Smt. Rekha Arya, Minister of Uttarakhand for Women's Empowerment and Child Welfare; Hon'ble Smt Ritu Khanduri, MLA; Smt. Radhika Jha, Secretary of Power, Govt of Uttarakhand and Secretary to Hon'ble Chief Minister; Dr. Vandana Shiva, renowned environmental activist and Founder of Navdanya; Smt. Hansa Jayadev, Director of The Yoga Institute; and

Sadhvi Bhagawati Saraswatiji, President of the Divine Shakti Foundation.

The celebration was concluded with Parmarth Niketan's world-renowned, divine Ganga Aarti on the banks of Mother Ganga.

A special "Asha Ki Kiran" workshop was also held at Parmarth Niketan on the occasion of International Women's Day. Smt. Rekha Arya, Minister of Women and Child Welfare, Government of Uttarakhand; Smt. Ritu Khanduri, MLA Yamkeshwar; and Director General Health, Dr. Archana Srivastava attended Inauguration Ceremony.

During the ceremony, women who were serving as role models within the community were honoured. In addition, Asha workers (community-based health workers and activists) were trained to bring awareness through this workshop for health in their communities.

Sadhvi Bhagwatiji said, "Girls must be enlivened and educated to bring the change in the world. There should be no bias between a girl and a boy. Both are equal. We need to understand women."

Under the joint aegis of Divine Shakti Foundation and CAN Foundation, Asha Workers of Uttarakhand were trained by Dr Sumita Prabhakar for bringing awareness about health and cancer. 🌸



Testimonials: Uplifting Connections



"The iyf is a gathering of union. Individuals from all over the world coming together for a shared experience of connection through yoga. It truly uplifting week."

- Annemarie Brown, Participant

"The International Yoga Festival takes seriously the collective power for change that contemporary yogis possess when they come together. IYF does not just ride the wave but is integral in enhancing the momentum as yoga moves forward changing the world for the better."

- Jules Febre, Presenter

"Coming back to The IYF, always opens our hearts and our souls. It makes us ponder about the miracle of life and the power of transforming our life into a living blessing. Here on the banks of Mother Ganga we soak in the sacred source of our souls and we create, all together, a better world."

- Francesca Cassia, Presenter

"The International Yoga Festival is a unique experience not only for the students but for the teachers. As teachers we are given the opportunity to teach students from 100 different countries. It is a rich experience to share what we love about this tradition that we honour and respect... a tradition that has no borders."

- Gloria Latham, Presenter

"Stunning, magic, worlds best life transformative experience."

-Francesca Salerno, Participant



"Having taught all over the World, IYF is the most diverse, life-altering festival. The energy of Rishikesh, the Ganga, and Parmarth Niketan Ashram truly transforms people. It is a great joy to witness the incredible shift in people's lives when they come to this event."

-Anand Mehrotra, Presenter



"Connected to my heart like never before."

- Jemina Cox, Participant

"Coming back to the IYF always opens our hearts and our souls. It makes us ponder about the miracle of life and the power of transforming our life into a living blessing. Here on the banks of Mother Ganga we soak in the sacred source of our souls and we create, all together, a better world. Inspired by the ever flowing, Ganga, humbled by the presence of so many Acharyas and our beloved Gurujī we step into our journey to empowerment. Here you find: opportunities to grow, a reason to stay; inspirational people, people to connect with who are dedicated, diverse, and multi-talented. We are reminded daily of who we are destined to be and inspired by our Divine Gurujī, Sadhvi and their amazing vision."

- Roberto Milletti, Presenter

"The International Yoga Festival is my journey home! It's a place where I feel Ganga cleanse me. The people I meet are relationships I have for life. I am so grateful to journey from California every year for this sacred event. Thank you Swamiji!"

- Katie B Happy, Presenter



"International Yoga Festival is an extraordinary global yoga gathering... bringing together holy saints and yogis from around the world. It is a One of a Kind experience that connects people of all walks of life and unites us all on the banks of Ma Ganga to experience the true meaning of yoga, service and pure love for one another."

- Daphne Tse, Presenter

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 -



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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



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



Thank You

The IYF thanks all of its partners in helping create this beautiful festival. We would especially like to thank:



Reliance Jio
for providing free WiFi throughout the ashram, enabling our participants to access the internet



AIIMS-Rishikesh
for providing free medical care to festival participants through physicians on-site and ambulance services



Naadi Yoga
for providing free holistic care to festival participants, seeing nearly 500 patients for issues ranging from pain to stress to headaches

A very special thank you to all of our IYF Sevaks, who came from all over the world and without whom this festival would not have been possible.



Dr. K. K. Paul
Governor, Uttarakhand



RAJ BHAWAN
Dehradun-248 003

14th February, 2018

MESSAGE

I am so glad to know that Parmarth Niketan (Rishikesh), under the able leadership of HH Pujya Swami Chidanand Saraswatiji, will soon be hosting the International Yoga Festival, in association with the Ministry of AYUSH, Govt. of India, in our beautiful Himalayan State of Uttarakhand, from where Yoga has originated and spread to all across the world.

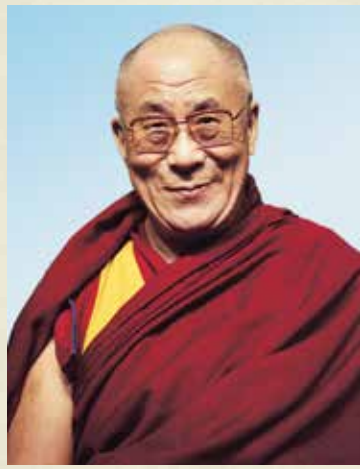
It's wonderful to see, year after year, so many people, from across the world and from every walk of life, join together in celebration. I personally have had the great pleasure of joining the event for the last three years and have seen it grow and blossom each year.

I strongly believe that Yoga is not just for the body, but Yoga is also for the mind and the soul. Yoga provides strength for the body and peace and clarity for the mind. The International Yoga Festival at Parmarth Niketan is one of the rare Yoga events, where you have the opportunity to learn not only 'asanas' and 'pranayama' but meditation, philosophy, chanting, yoga therapy and more.

I, once again, welcome you to Rishikesh, where yogis began their journey to the depths of yoga, and I invite you to take what you learn and experience here to touch everyone all across the world with the beauty and transformation of Yoga. I also encourage you to pledge, here on the banks of Mother Ganga, in the lap of the Himalayas, to be the torchbearers of peace, healing and oneness that our world so desperately needs, striving to apply the teachings of Yoga into every aspect and every moment of your lives.

I also sincerely look forward to welcoming you back to this great, ancient and sacred land of Uttarakhand every year.


(Dr. K.K. Paul)



THE DALAI LAMA

MESSAGE

I was very much looking forward to join the gathering to celebrate the International Yoga Festival being held at Parmarth Niketan, Rishikesh on the banks of the River Ganges, organised by Pujya Swami Chidanand Saraswatiji. However, due to a number of heavy engagements over the past week, I have been feeling exhausted. And, this morning my physicians have very strongly recommended that I must take some rest. I therefore very much regret that I have to cancel my visit to Rishikesh, and hope all of you will understand.

As you know, Yoga, like karuna and ahimsa, is an ancient Indian knowledge and culture that continues to be relevant and benefit to people today. Yoga is an aspect of India's ancient culture that focuses on self-improvement and living a peaceful life. When individuals find inner peace, families, communities and nations can live at peace too.

I have a deep affection for India, with its rich civilization rooted in the longstanding traditions of karuna and ahimsa. India is a land of tolerance, pluralism and inter-religious harmony. I believe India is the only country with the potential to combine its ancient knowledge with modern education for the common good. I am committed to encouraging a greater awareness of India's historic understanding of the workings of the mind and emotions among young Indians today. It is important that we endeavour to integrate this ancient wisdom with modern approaches to education with a view to promoting positive human values.

I wish this International Yoga Festival every success in promoting a greater awareness of the benefits of yoga in maintaining a healthy, peaceful body and mind.

With my prayers,

2 March 2018

TRIVENDRA SINGH RAWAT



CHIEF MINISTER, UTTARAKHAND

MESSAGE

On behalf of the Government of Uttarakhand, I am glad to warmly welcome you to the annual International Yoga Festival at Parmarth Niketan (Rishikesh) and to welcome seekers from across the world to the sacred land of Uttarakhand.

I am glad to share that the International Yoga Festival at Parmarth Niketan is jointly organized by the Ministry of AYUSH- Government of India, Government of Uttarakhand and Parmarth Niketan. We have been hosting this festival with Parmarth Niketan from 1999 and are glad to see it grow year after year in proportion and international acclaim, attracting divine souls from every continent of the globe. This festival is one of the great highlights in Uttarakhand each year; and it is our pleasure to see you all this year as we celebrate our incredible growth together and to extend the ancient, timeless art of yoga from its birthplace to each corner of the earth.

Our goal has been to share with visitors the unique sights, adventures and heritage of our Himalayan land, and it is our sincere privilege to share the nectar and wisdom that has sprung from this sacred world capital of yoga. We hope you will also have time to explore the great bounty that this beautiful state has to offer.

On behalf of Government of Uttarakhand, we welcome you to India and to the holy land of Uttarakhand. We extend our gratitude to Pujya Swami Chidanand Saraswati ji and to Parmarth Niketan Ashram for hosting this acclaimed event year after year and look forward to working together for many years to come.

(Trivendra Singh Rawat)

UTTARAKHAND SECRETARIAT

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राजनाथ सिंह
RAJNATH SINGH



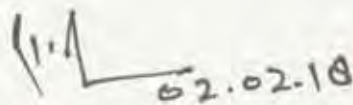
गृह मंत्री
भारत
नई दिल्ली-110001
HOME MINISTER
INDIA
NEW DELHI-110001

MESSAGE

I am pleased to know that a week-long, annual International Yoga Festival is being organised at Parmarth Niketan (Rishikesh) on 01st-07th March, 2018.

I am happy to note that more than 100 nations, in the spirit of Vashudhaiva Kutumbakam are congregating together to attend this unique event. Yoga is truly the science of well-being, a science of integrating body, mind and soul, which is the key to a safer and more peaceful world.

I convey my best wishes and success for this International Yoga Festival and congratulate all associated in organising this Mega event.


(Rajnath Singh)

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विदेश मंत्री
भारत



Minister of External Affairs
India

सुषमा स्वराज
Sushma Swaraj



MESSAGE

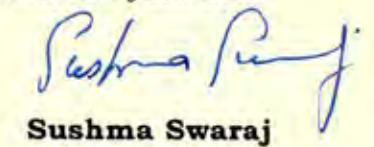
I am delighted to learn that the annual International Yoga Festival, which has been taking place for more than two decades now, will be held again from 1-7 March 2018 at Parmarth Niketan Ashram, Rishikesh. I am also glad to know that it is being held in association with the Ministry of AYUSH, Government of India.

The journey that began three and a half years ago at the United Nations with Hon'ble Prime Minister's proposal for the International Day of Yoga (IDY) has now transformed into a global movement. Since then, we have seen three years of extraordinary celebration of IDY at iconic global locations and world capitals, with the participation of tens of thousands of enthusiastic Yoga practitioners of all backgrounds and abilities.

Yoga is an invaluable gift of ancient Indian tradition, which belongs not just to India but to the whole world. Its inclusion as World Intangible Cultural Heritage by UNESCO underlines its global significance, benefits for the entire humanity and growing reach. Yoga is not merely about physical well being - it is a complete and holistic system that helps us attain inner-peace and harmony within ourselves, with nature, and with the world. This is what makes it even more critical to our modern lifestyles-Yoga helps us restore balance and achieve a sense of clarity amidst the stresses and pressures of daily life. Through Yoga, we seek oneness with the world.

There can be no better place for this than Rishikesh, in the verdant and peaceful surroundings of the Parmarth Niketan Ashram. I understand that last year more than 1700 people from 101 countries attended the Festival, and that yogis from more than a hundred nations are expected this year. This is not only a living testament to the significance of yoga, but also the spiritual leadership of Pujya Swamiji, a moral beacon of our times.

I send my warmest wishes for the success of these celebrations year after year.


Sushma Swaraj



के. जे. अल्फोंस
K. J. ALPHONS



पर्यटन राज्य मंत्री (स्वतंत्र प्रभार)
भारत सरकार, नई दिल्ली
MINISTER OF STATE (IC) FOR TOURISM
GOVERNMENT OF INDIA, NEW DELHI

MESSAGE

It gives me immense pleasure to learn that the International Yoga Festival will be held from 1st to 7th March, 2018 at Parmarth Niketan in Rishikesh.

I am sure that the International Yoga Festival will become the harbinger of activities synonymous to holistic and spiritual treatment that is unique to this great country and it will further consolidate the position of India as the original tourist destination for Yoga.

I wish the International Yoga Festival all success.

(K.J. Alphons)
January, 2018



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

MESSAGE

February, 2018

Dear International Yoga Festival Presenters and Participants,

It is so wonderful to know of the annual, week-long International Yoga Festival at Parmarth Niketan from the 1-7th March, jointly organised by the Ministry of AYUSH, Government of India, the Government of Uttarakhand and Parmarth Niketan.

As a testament to our Honourable Prime Minister Shri Narendra Modiji's deep commitment to yoga he not only was been pivotal in the historic declaration of the International Yoga Day (June 21st) but also creating an entire Ministry dedicated to the study and science of Ayurveda, Yoga, Unani, Siddha and Homeopathy (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 1700 participants from 101 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 HH Pujya Swami Chidanand Saraswatiji, 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 birthplace of these sciences, and warm welcome to the International Yoga Festival at Parmarth Niketan.

(Shripad Naik)

Incredible India

अतुल्य भारत

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सतपाल महाराज
मंत्री
SATPAL MAHARAJ
Minister



उत्तराखण्ड सरकार

पर्यटन, सिंचाई, लघु सिंचाई, संस्कृति, जलागम प्रबंधन,
तीर्थोत्सव एवं धार्मिक मेले, बाढ़ नियंत्रण, वर्षा जल संग्रहण,
भारत-नेपाल उत्तराखण्ड नदी परियोजनायें
उत्तराखण्ड सरकार
Tourism, Irrigation, Minor Irrigation, Culture, Watershed Management,
Pilgrimage and Religious Fairs, Flood Control, Rain Water Harvesting,
India-Nepal-Uttarakhand River Projects
Government of Uttarakhand

MESSAGE

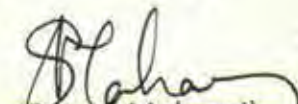
For the International Yoga Festival 2018 at ParmarthNiketan, Rishikesh

We warmly welcome all delegates of the International Yoga Festival at ParmarthNiketan (Rishikesh), in association with the Ministry of AYUSH, Government of India, from 1st-7th March, 2018, to the sacred land of Uttarakhand. I look forward to joining you for this unique celebration of the Yoga, wellness and a glimpse of the peace, oneness and harmony that the Indian way of life has to offer.

I warmly welcome you all to this glorious nation, the birthplace of yoga and ayurveda. Our culture shares *AthithiDevoBhavo* our guests are not only family but they are divine. We hope your stay in this sacred land is comfortable, rejuvenating and transformative.

I am especially glad to hear the way the festival is expanding every year, last year it welcomed over 1700 participants from 101 nations and this year they expect more diversity!

My best wishes to the International Yoga Festival at ParmarthNiketan. I hope that, either before or after the International Yoga Festival, you will also have time to explore our Himalayan State, which is indeed Simply Heaven, and be enriched by this majestic, colorful, vibrant and beautiful land. I hope you take this warmth and love you experience here to your countries and visit us again soon with your friends and family.


(Satpal Maharaj)

Swami Chidanand Muni
ParmarthNiketan
Rishikesh, Uttarakhand



डॉ. हरक सिंह रावत

मंत्री

वन एवं वन्य जीव, पर्यावरण एवं
ठोस अपशिष्ट निवारण, श्रम, सेवायोजन,
परिषद, आयुष एवं आयुष शिक्षा



उत्तराखण्ड सरकार

विधान सभा भवन उत्तराखण्ड

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फैक्स : (0135) 2665399

आवास : (0135) 2531210

मो. : 9411114793

Message

My best wishes to the week-long International Yoga Festival at Parmarth Niketan Ashram, in association with the Ministry of AYUSH, Government of Uttarakhand, being held again this year from the 1-7th March.

As a testament to our Honourable Prime Minister Shri Narendra Modi's deep commitment to yoga he not only was been pivotal in the historic declaration of the International Yoga Day (June 21st) but also creating an entire Ministry dedicated to the study and science of Ayurveda, Yoga, Unani, Siddha and Homeopathy (AYUSH), of which I have the great honour of spearheading in the Himalayan state of Uttarakhand, which in many ways is the birthplace of Ayurveda and Yoga.

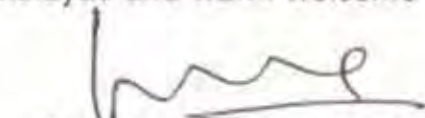
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Under HH Pujya Swami Chidanand Saraswati ji, leadership, you will not only do Yoga but get the unique opportunity to experience Yoga in Action, through the various service projects dedicated to the preservation of the environment and to the wellbeing of all.

Once again, on behalf of the Ministry of AYUSH, Government of Uttarakhand, I welcome you to the Himalayas and warm welcome to the International Yoga Festival.


(Dr. Hark Singh Rawat)

Stay Connected



सत्यमेव जयते
Government Of India
Ministry of AYUSH



www.InternationalYogaFestival.org





International **YOGA FESTIVAL**


1-7th March

Parmarth Niketan (Rishikesh)


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