

## YOGA WORKSHOPS

**1. Art of Living Foundation, Bangalore** : **VENUE:** Hall No 1.

Contact persons:- (1) Smt. Savita Bhutani Mob – 9954100000

(2) Smt. Neetu Sharma Mob – 9717066608

### Day - 1; 20 April, 2016

Timings	Events	Yoga Masters
2:30 - 3:30PM	Intro happiness	Abhinash
3:40 - 4:30PM	Spine care	Hima
5:00 - 5:50PM	Intro happiness	Nitin/savita
6:00 - 6:50PM	Living well	Vijay
7:00 - 7:30PM	Meditation	Kavita

### Day -2; 21 April, 2016

Timings	Events	Yoga Masters
7:00 - 7:50 AM	Srisri yoga/nadi pariksha	Vimal
8:00 - 8:50 AM	Intro happiness	Sandeep
10:00 - 10:50AM	Living well	Savitri
11:00 - 11:50AM	Intro happiness	Abhinash
12:00 - 12:50PM	Spine care	Hima
2:30 - 3:00PM	Meditation	Savita/devashish
3:10 - 4:00PM	Intro happiness	Savita/devashish
4:00 - 4:30PM	Ayurveda	Dr. Swatantra
5:00 - 5:50PM	Spine care	Hima
6:00 - 6:50PM	Intro happiness	Nirmal/poonam
7:00 - 7:30PM	Living well	Himanshi

### Day - 3; 22 April, 2016

Timings	Events	Yoga Masters
7:00 - 7:50 AM	Srisri yoga/nadi pariksha	Satyaveer
8:00 - 8:50 AM	Intro happiness	Rahul
10:00 - 10:50AM	Living well	Himanshi
11:00 - 11:50AM	Intro happiness	Savita/rohit
12:00 - 12:50PM	Spinecare	Himanshu
2:30 - 3:00PM	Meditation	Anju/savita
3:10 - 4:00PM	Intro happiness	Savita/naveen
4:00 - 4:30PM	Ayurveda	Dr, swatantra

## 2. Patanjali Yogpeeth, Haridwar

**VENUE:** Hall No 2.

Contact Persons:- (1) Shri. Pawan Kumar  
(2) Dr. Arun Kumar Singh

Mob – 9717086668  
Mob – 9456080136

### Day - 1; 20 April, 2016

Timings	Events	Yoga Masters
02:30PM to 03:30PM	Obesity	Sh. Surender arya
03:30PM to 04:30PM	Fundamental principal of yoga	Sh. Kuldeep arya
05:00PM to 06:25PM	Pranayama & accupressure	Sh. S.p singh and sh. Kamleshji
06:25PM to 07:30PM	Pranayama	Sh. Sudhir jain

### Day - 2; 21 April, 2016

Timings	Events	Yoga Masters
06:30AM to 07:30AM	Obesity	Sh. Shyam gupta
07:30AM to 09:30AM	Pranayama & sukshma yoga	Sh. Sukhram arya and Sh. Ashok Arya
05:00PM to 06:30PM	Pranayama	Smt. Sunita arya
06:30PM to 07:30PM	Yoga & sukshma yoga for obesity	

### Day - 3; 22 April, 2016

Timings	Events	Yoga Masters
06:30AM to 09:30AM	Yogasana & Pranayama	Sh. Pavan kumar and Sh. Triporari Ji
10:00AM to 12:00PM	Obesity	Sh. Ajad Ji and Smt. Nirmala Ji
12:00PM to 01:00PM	Obesity	Dr. Gulia Ji
02:30PM to 04:00PM	Ayurveda, Herbs and Home Remedies	Sh. Jagmal Singh

### 3. Isha Foundation, Coimbatore

**VENUE:** Hall No 3.

Contact Persons:- (1) Shri. Sandeep Subhash  
(2) Dr. S. Lakshmi Kandhan

Mob – 9891200510  
Mob – 7065231490

#### Day - 1; 20 April, 2016

Timings	Events	Yoga Masters
02:30PM	Chit Shakti Guided Meditation	Swami Nakshatra and Mr. Kannan
03:00PM	Isha Kriya Meditation	
04:00PM	Upa Yoga Practices	
05:00PM	Upa Yoga practices	
06:20PM	Brahmananda Swaroop Chant	
06:30PM	Isha Kriya Meditation	

#### Day - 2; 21 April, 2016

Timings	Events	Yoga Masters
07:00AM	Isha Kriya Meditation	
08:00AM	Upa Yoga Practices	
09:00AM	Upa Yoga Practices	
10:00AM	Chit Shakti Guided Meditation	
11:00AM	Isha Kriya Meditation	
12:00AM	Chit Shakti Guided Meditation	
01:00PM	Sadhguru in conv with anupam kher	
02:00PM	Sounds of Isha	
03:00PM	Sadhguru on Kailash, Manasarovar	
04:00PM	Upa Yoga Practices	
05:00PM	Upa Yoga Practices	
06:00PM	Brahmananda Swaroop Chant	
06:30PM	Isha Kriya Meditation	

#### Day -3; 22 April, 2016

Timings	Events	Yoga Masters
07:00AM	Isha Kriya Meditation	
08:00AM	Upa Yoga Practices	
09:00AM	Upa Yoga Practices	
10:00AM	Chit Shakti Guided Meditation	
11:00AM	Isha Kriya Meditation	
12:00PM	Chit Shakti Guided Meditation	
01:00PM	Midnights with the mystic video	
02:00PM	Sounds of Isha	
03:00PM	The mechanics of health- in conversation with dr. Devi shetty	
04:00PM	Upa Yoga Practices	

**4. Brahma Kumaris, New Delhi****VENUE:** Hall No 4Contact Persons:- (1) Sister Sapana  
(2) Dr. Pallavi AgarwalMob – 9650692204  
Mob – 7042201913**Day - 1; 20 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
03:30PM to 04:30PM	Realising the true self	B.K.Asha
05:00PM to 06:00PM	Mind Management	
06:30PM to 07:30PM	Art of Rajyoga Meditation	

**Day - 2; 21 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
07:00AM to 08:00AM	Exploring the Self	
08:00AM to 09:00AM	Knowing the Supreme being	
10:30AM to 11:30AM	The magic of meditation	
12:00PM to 01:00PM	Enhancing inner powers through rajyoga	
02:00PM to 03:30PM	Counselling by Rajyoga Masters	
03:30PM to 04:30PM	Stress management through Rajyoga	
05:00PM to 06:00PM	Positive Thinking	
06:30PM to 07:30PM	Rajyoga – the journey within	Mr. David

**Day - 3; 22 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
07:00AM to 08:00AM	Self-Empowerment	
08:00AM to 09:00AM	Connecting with the Supreme	
10:30AM to 11:30AM	Happiness Index	
12:00PM to 01:00PM	Relationship Management	
02:00PM to 03:30PM	Counselling by Rajyoga Masters	
03:30PM to 04:30PM	Anger Free Living	B.K.Shivani

## 5. Mokshayatan International Yogashram, Saharanpur

**VENUE:** Hall No 5

Contact Persons:- (1) Shri Dheeraj Sarswat  
(2) Dr. Arpit Dubey

Mob – 9868152963  
Mob – 9958206731

### Day - 1; 20 April, 2016

Timings	Events	Yoga Masters
02:30PM to 04:00PM	Bharat yoga special meditation session	Navneesh Kant Sharma
04:00PM	Consultation	
05:00PM	Cultural Presentations by mokshayatan	
05:00PM to 07:00PM	Evening bharat yoga session	

### Day - 2; 21 April, 2016

Timings	Events	Yoga Masters
06:30AM to 08:30AM	Morning bharat yoga session	ASU BHARDWAJ
08:30AM to 09:00AM	Discussion & consultation	
10:00AM to 11:00AM	Story meditation session	
11:00AM	Consultation	
12:00PM to 01:00PM	Yoga for diabetes	
02:30PM to 04:00PM	Yoga & diet	
04:00PM	Consultation	
05:00PM to 07:00PM	Evening bharat yoga session	
07:00PM	Consultation	

### Day - 3; 22 April, 2016

Timings	Events	Yoga Masters
06:30AM to 08:30AM	Surya sadhna followed by sun meditation	
08:30AM	Consultation	
10:00AM to 11:00AM	Number meditation	
11:00AM	Consultation	
12:00PM to 01:00PM	Yoga for hypertension	
02:30PM to 04:00PM	Importance of pranayam	
04:00PM	Consultation	

**6. Krishnamachari Yoga Mandiram, Chennai :VENUE: Hall No 6**

Contact Persons:- (1) Shri U Shrinivasan Mob – 09444455596  
(2) Dr. S. Lakshmi Kandhan Mob – 07065231490

**Day - 1; 20 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
02:30PM to 04:30PM	Principles of practice in the tradition of shri krishnamacharya	V.srinivasan and Arul Perumal

**Day - 2; 21 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
06:30AM to 09:00AM	Srsti krama – Yoga for Youth	Githa Sankar and Arul Perumal
02:30PM to 04:30PM	Practice of Bandhas and Mudras	V. Srinivasan and Arul Perumal
05:00PM to 07:30PM	Yoga for Women	Githa Sankar and Arul Perumal

**Day - 3; 22 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
06:30AM to 09:00AM	Sthiti krama – Yoga for middle age	V. Srinivasan and Arul Perumal
10:00AM to 01:00PM	Cikitsa Krama – Yoga Therapy	Githa Sankar and Arul Perumal
02:30PM to 04:30PM	Brahmana and Langana, different effects of Yoga	V. Srinivasan and Arul Perumal

**7. Dev Sanskriti Vishvavidyalaya Haridwar : VENUE: Hall No 7**

Contact Persons:- (1) Dr. Suresh Barnwal Mob – 09258369627  
(2) Dr. Ajay Pal Mob – 08750299902

**Day - 1; 20 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
2:30 - 4:30PM	Intro Wellness	Dr Rakesh Verma
5:00 - 7:00PM	Intro Dincharya	Dr Kamal
7:00 - 7:30PM	Nada Yoga Meditation	Dr Kamata Shahu

**Day - 2; 21 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
6:30 - 8:00 AM	Pragya Yoga	Dr GA Zaidi & Dr Rakesh Verma
8:00 - 9:00 AM	Yoga for Health	Dr Kamal
10:00 - 11:30AM	Yoga for teen agers	Dr GA Zaidi
11:30 - 12:00AM	Jyoti Awataram ki Dhyan Sadhana	Dr Kamata Shahu
12:00 - 01:00PM	Intro Pranayama	Dr Rakesh Verma
2:30 - 3:00PM	Intro Yagyopathy ( a unique programme of shantikunj)	Dr GA Zaidi
3:00 - 4:30PM	Stress management	Dr Kamata Shahu
5:00 - 5:30PM	Atma Bodha Tatva Bodha ki Dhyan Sadhana	Dr Rakesh Verma
5:30 - 6:30PM	Intro Mantra Yoga	Dr GA Zaidi
6:30 - 7:00PM	Nada Yoga Meditation	Dr rakesh verma
7:00 - 7:30PM	Yoga Nidra	Dr GA Zaidi

**Day - 3; 22 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
6:30 - 8:00 AM	Pragya Yoga	Dr GA Zaidi & Dr Rakesh Verma
8:00 - 9:00 AM	Yoga for Obesity	Dr Rakesh Verma
10:00 - 11:30AM	Yoga for Females	Dr GA Zaidi
11:30 - 12:00AM	Jyoti Awataram ki Dhyan Sadhana	Dr Rakesh Verma
12:00 - 01:00PM	Pranakarshan pranayama and yoga nidra	Dr GA Zaidi
2:30 - 3:00PM	Atma Bodha Tatva Bodha ki Dhyan Sadhana	Dr Rakesh Verma
3:00 - 4:30PM	Yoga for all	Dr GA Zaidi

## 8. Preksha Meditation, Adhyatm Sadhna Kendra, New Delhi :

**VENUE:** Hall No 8

Contact Persons:- (1) Dr. Vivek Dutta                      Mob – 9643300656  
(2) Dr. Jayant Kashyap                                      Mob – 9717177905

### Day - 1; 20 April, 2016

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
2.30 PM – 3.30 PM	Lecture: preksha meditation introduction & principles	Kc jain
5.00 PM – 5.30 PM	Preksha meditation – mantra meditation – practical workshop	Deepak sharma
5.30 PM – 6.30 PM	Preksha meditation – kayotsarg (deep relaxation) – practical workshop	Ramesh kandpal
6.30 PM – 7.30 PM	Preksha meditation – 4 step strategy – practical workshop	Ramesh kandpal

### Day -2; 21 April, 2016

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
6.30 AM – 7.30 AM	Preksha Meditation – Yoga & Pranayam for Health	Deepak Sharma
7.30 AM – 8.15 AM	Preksha Meditation – kayotsarg (deep relaxation) – practical workshop	Ramesh Kandpal
8.15 AM – 9.00 AM	Preksha Meditation – 4 step strategy – practical workshop	Ramesh Kandpal
2.30 PM – 3.30 PM	Lecture: naturopathy introduction & benefits	Dr. BK Gupta
5.00 PM – 5.30 PM	Preksha Meditation – mantra meditation – practical workshop	Deepak Sharma
5.30 PM – 6.30 PM	Preksha Meditation – kayotsarg (deep relaxation) – practical workshop	Ramesh Kandpal
6.30 PM – 7.30 PM	Preksha Meditation – 4 step strategy – practical workshop	Ramesh Kandpal



### Day -3; 22 April, 2016

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
6.30 AM – 7.30 AM	Preksha Meditation – yoga & pranayam for health	Deepak Sharma
7.30 PM – 8.15 AM	Preksha Meditation – kayotsarg (deep relaxation) – practical workshop	Ramesh Kandpal
8.15 AM – 9.00 AM	Preksha Meditation – 4 step strategy – practical workshop	Ramesh Kandpal
10.00 AM – 11.00 AM	Lecture: preksha Meditation introduction & principals	KC Jain
2.30 PM – 3.30 PM	Preksha Meditation – kayotsarg (deep relaxation) – practical workshop	Deepak Sharma
3.30 PM – 4.30 PM	Preksha Meditation – 4 step strategy – practical workshop	Deepak Sharma

**9. Swami Ram Sadhaka Grama, Rishikesh****VENUE:** Hall No 9Contact Persons:- (1) Shri. Ravindra Shahu  
(2) Dr. Arpit DubeyMob – 9953773017  
Mob – 9958206731**Day - 1; 20 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
02:30PM to 04:30PM	Ashtanga Yoga	Rabindra Sahu
05:00PM to 07:30PM	Preparation to Meditation foundation class	Rabindra Sahu & Rahul

**Day - 2; 21 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
06:30AM to 09:00AM	Joint and glands exercise, relaxation, meditation	Rahul
05:00PM to 07:30PM	Workshop on science of breath	Rabindra Sahu & Rahul

**Day - 3; 22 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
06:30AM to 09:00AM	Joint and glands exercise, relaxation, meditation	Rahul
10:00AM to 01:00PM	Philosopy of ha-tha yoga	Rabindra Sahu
02:30AM to 04:30PM	Lecture on meditation and breathing practice	Rabindra Sahu & Rahul

## 10. Morarji Desai National Institute of Yoga, New Delhi

**VENUE:** Hall No 10

Contact Persons:- (1) Sh. Yogi Uday

Mob – 9891997788

(2) Ms. Nidhi Khanduja

Mob – 8130468226

### Day – 1: 20 April, 2016

Timings	Events	Yoga Masters
02:30PM to 04:30PM	International Day of Yoga Protocol- Introduction	Lalit Madaan, Pawan Kumar , Apeksha Bhagavat & Rahul Srivastav
05:00 PM to 6:15 PM	Sukshma Vyayam	Doren Singh
06:15 PM to 7:30 PM	Yoga Nidra	Vinay Bharati

### Day – 2: 21 April, 2016

Timings	Events	Yoga Masters
07:00AM to 08:00 AM	Asana and Pranayama	Yogi Uday
8:00AM to 09:00 AM	Meditation	Smrita Sheetal
10:00 AM to 11:00 AM	Marma Therapy	Dr. Arun Kumar Singh
11:00AM to 12:00 AM	Yoga therapy for backache	Dr. Lakshmi Kandhan & Dr. Jayant KR. Kashyap
12:00PM to 01:00 PM	Yoga Therapy for Hypertenstion	Apeksha Bhagavat Subodh Saurabh Singh
02:30PM to 03:30 PM	Yoga for wellness	Dr. Ajay Pal
03:30PM to 04:30 PM	Yoga for stress management	Dr. T.S. Ganpat
05:00 PM to 06:15PM	Sukshma vyayam	Prem Chand Rawat
06:15 PM to 07:30PM	Om meditation	Neelam

### Day – 3 : 22 April, 2016

Timings	Events	Yoga Masters
07:00AM to 08:00 AM	IDY Protocol	Lalit madaan, Mala Tripathi
08:00AM to 09:00 AM	Vipassana Meditation	Sunder
10:00AM to 11:00 AM	Psychotherapy & Counselling	Dr. Priyanka Rai
11:00AM to 12:00 AM	Yogic Lifestyle	Nidhi Khanduja
12:00PM to 01:00 PM	Diet therapy	Manjot Kaur
02:30PM to 03:30 PM	Meditation	Shashank Atre
3:30PM to 04:30 PM	Yoga Nidra	Seema Sagar

**11. Kaivalyadhama, Lonavala, Pune: VENUE: Basement Hall No 1**

Contact Persons:- (1) Dr. Shalini Srivastava Mob – 9910012687

(2) Dr. Anu Mala Singh Mob – 7053341010

**Day - 1; 20 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
05:00PM to 06:30PM	Classical Asanas Workshops	Dharm Narayan Mishra

**Day - 2; 21 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
05:00PM to 06:30PM	Classical Asanas Workshops	Dharm Narayan Mishra

**Day - 3; 22 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
10:00AM to 11:30AM	Classical Asanas Workshops	Dharm Narayan Mishra

## 12. Swami Vivekananda Yoga Anusandhan Samsthan (SVYASA)

**VENUE:** Basement Hall No 2

Contact Persons:- (1) Dr. R M Acharya                      Mob -09480885389  
(2) Dr. T S Ganpat    Mob - 09891129339

### Day -1; 20 April, 2016

Timings	Events	Yoga Masters
2:30 - 4:30PM	Introduction to Stress Management	DR H R Nagendra
5:00 - 7:00PM	Stress & It's release - Gross Awarness	Niranjan Parajuli
7:00 - 7:30PM	Krida Yoga	DR R M Acharya

### Day -2; 21 April, 2016

Timings	Events	Yoga Masters
6:30 - 8:00 AM	Promotion of Positive Health	Niranjan Parajuli
8:00 - 9:00 AM	Concept of Stress	DR Manjunath Sharma
10:00 - 11:30AM	Stress & It's release	DR H R Nagendra
11:30 - 12:00AM	Samagra Yoga	Niranjan P
12:00 - 01:00PM	Executive Growth	DR H R Nagendra
2:30 - 3:00PM	Stress Research	DR Manjunath Sharma
3:00 - 4:30PM	Stress Release (Depth of Perception)	DR R M Acharya
5:00 - 5:30PM	Pranayama	Niranjan
5:30 - 6:30PM	Group Dynamics	DR H R Nagendra
6:30 - 7:00PM	MSRT	Niranjan
7:00 - 7:30PM	GDV	Mr Gurudev

### Day -3; 22 April, 2016

Timings	Events	Yoga Masters
6:30 - 8:00 AM	Yoga for Youth	Niranjan/ Dr R M Acharya
8:00 - 9:00 AM	Integrated Approach of Yoga	DR R Nagaratna
10:00 - 11:30AM	SMET Practice 1	Niranjan
11:30 - 12:00AM	HOLSYM & TQM	DR H R Nagendra
12:00 - 01:00PM	SMET Practice 2	Niranjan
2:30 - 3:00PM	SMET Research	DR Manjunath Sharma
3:00 - 4:30PM	SMET Practice 3	Niranjan

### 13. The Yoga Institute, Santacruz, Mumbai :

**VENUE:** Basement Hall No 3

Contact Persons:- (1) Mr. Sunil Maheshwari      Mob – 9873903112  
(2) Dr. Anu Mala Singh      Mob – 7053341010

#### **Day - 1; 20 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
02:00PM to 05:00PM	Yogic developments of feeling (bhavas)	Sunil Maheshwari

#### **Day - 2; 21 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
02:00PM to 05:00PM	Yoga for youth	Divya Naithani

#### **Day - 3; 22 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
02:00PM to 05:00PM	Essence of the Yoga Sutra	Kartik Vyas

## 14. Ramamani Iyengar Memorial Yoga Institute, Pune:

**VENUE: Central Hall & Indoor Corridor**

Contact Persons:- (1) Dr. Rajvi Mehta                      Mob – 9819812919  
(2) Dr. Priyanka Rai    Mob – 9599775575

### **Day -1; 20 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
06:00PM to 07:30PM	Iyengar Yoga Classes	Nivedita Joshi

### **Day - 2; 21 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
07:00AM to 09:00AM	Yoga Classes	Prashantji
10:00AM to 10:45AM	Talk	Prashantji
10:45AM to 11:05AM		Nivedita Joshi
11:05AM to 11:30AM		Prof. Atreya
11:30AM to 12:00PM		Iya Members
12:00PM to 01:00PM	Audio-visual presentation on Guruji life and works	Rajvi H Mehta
02:00PM to 03:00PM	Lecture demonstration on the use of props	Raya ud & Arti Mehta
03:00PM to 03:45PM	Film: Atma Darshan reflections on the soul, BKS Iyengar	
03:45PM to 4:10PM	Training, assessment and accreditation of iy teachers – maintaining high standards	Birjoo Mehta
04:10PM to 4:30PM	Screening of film – Samadhi	
06:00PM to 07:30PM	Iyengar Yoga classes	Swati Chanchani

### **Day - 3; 22 April, 2016**

<b>Timings</b>	<b>Events</b>	<b>Yoga Masters</b>
06:30AM to 08:00PM	Iyengar Yoga classes	Zarna Mohan