

# EVENT ITINERARY

## International Festival of Yogic Heritage

3rd - 7th OCT | Sri Suttur Math, Mysuru

### 3<sup>rd</sup> OCTOBER - DAY 1

- **ARRIVAL**  
Meet-and-greet service at the airport, followed by transfer to the Hotel. (For participants who have requested pickup)
- **04:00 p.m. REGISTRATION**  
Participants are provided with event badges & Yoga Kit after the verification and registration.
- **05:30 p.m. OPENING CEREMONY**  
A warm welcome to the participants followed by briefing on the schedule, facilities and rules and regulations.
- **06:00 p.m. MAHASATSANG BY:**
  - 1) V. Nanammal
  - 2) Yogi Coudoux
  - 3) Jagadguru Sri Shivarathri Deshikendra MahaswamijiRevered Spiritual leaders and eminent Yogacharyas sharing their wisdom. The session will also have various cultural events.
- **07:30 p.m. DINNER**  
Indian Sattvic food that consists of Roti, Soup, Veg Curry, Continental Salad, Veg Mixed Rice, a Continental Dish and an Indian Sweet and Herbal Tea/Milk is served.
- **08:30 p.m. DROP TO ROOMS**  
The free shuttle service picks up the participants and drops them back to rooms.



## 4<sup>th</sup> OCTOBER - DAY 2

- **06:30 a.m. PICKUP**  
The free shuttle service picks up the participants and drops them at the venue
- **07:00 a.m. – YOGA & PRANAYAMA**  
**Ashtanga Yoga** Session By **Paramaguru R. Sharath Jois**
- **09:00 a.m. BREAKFAST**  
A Healthy Breakfast that consists of Sprouts, Muesli/Oats or other nutritious Cereals, Brown Bread with Butter / Jam, Fruit Salad and Herbal Drink. Participants are allowed to explore the Stalls and the Math during the break.
- **10:00 a.m. SEMINAR**  
Bhavini Kalan on **'Meta Flow Sacred Geometry'**
- **12:00 p.m. WORKSHOP**  
**Sri Abhinava Siddaroodha Swamiji** on **'Practical Science of Yoga Nidra'**
- **01:15 p.m. LUNCH**  
Highly Hygenic Indian Sattvic food that consists of Soup, Brown rice, Lentils, Boiled vegetables, Salad and Herbal drink is served. Participants are allowed to explore the Stalls and the Math during the break.
- **03:00 p.m. SEMINAR**  
Awahoshi Kavan on **'Reclaiming Our Bio-Crystalline Beings'**
- **04:15 p.m. – YOGA & PRANAYAMA**  
Yoga Session By **Vijay Gopala**
- **06:00 p.m. MAHASATSANG BY:**
  - 1) **Gurudev Sri Sri Ravishankar**
  - 2) **Dr. Pranav Pandya**Revered Spiritual leaders and eminent Yogacharyas sharing their wisdom. The session will also have various cultural events.
- **07:30 p.m. DINNER**  
Indian Sattvic food that consists of Roti, Soup, Veg Curry, Continental Salad, Veg Mixed Rice, a Continental Dish and an Indian Sweet and Herbal Tea/Milk is served.
- **08:30 p.m. DROP TO ROOMS**  
The free shuttle service picks up the participants and drops them back to rooms.



## 5<sup>th</sup> OCTOBER - DAY 3

- **06:30 a.m. PICKUP**  
The free shuttle service picks up the participants and drops them at the venue
- **07:00 a.m. – YOGA & PRANAYAMA**  
**Ashtanga Yoga** Session By **Paramaguru R. Sharath Jois**
- **09:00 a.m. BREAKFAST**  
A Healthy Breakfast that consists of Sprouts, Muesli/Oats or other nutritious Cereals, Brown Bread with Butter / Jam, Fruit Salad and Herbal Drink. Participants are allowed to explore the Stalls and the Math during the break.
- **10:00 a.m. SEMINAR**  
Vinod Kumar Rajan on ‘**Getting to the roots of your problems**’
- **12:00 p.m. WORKSHOP**  
Yogi Coudoux on ‘**Kungdu Yoga for Stress Management**’
- **01:15 p.m. LUNCH**  
Highly Hygenic Indian Sattvic food that consists of Soup, Brown rice, Lentils, Boiled vegetables, Salad and Herbal drink is served. Participants are allowed to explore the Stalls and the Math during the break.
- **03:00 p.m. HEALING**  
Awahoshi Kavan - **Crystal Healing**
- **04:15 p.m. – YOGA & PRANAYAMA**  
**Kundalini Yoga** By **Emily McBurnie**
- **06:00 p.m. MAHASATSANG BY:**
  - 1) **Victor Truviano**
  - 2) **Sri Ganapathy Sachidananda Swamiji**Revered Spiritual leaders and eminent Yogacharyas sharing their wisdom. The session will also have various cultural events.
- **07:30 p.m. DINNER**  
Indian Sattvic food that consists of Roti, Soup, Veg Curry, Continental Salad, Veg Mixed Rice, a Continental Dish and an Indian Sweet and Herbal Tea/Milk is served.
- **08:30 p.m. DROP TO ROOMS**  
The free shuttle service picks up the participants and drops them back to rooms.



## 6<sup>th</sup> OCTOBER - DAY 4

- **06:30 a.m. PICKUP**  
The free shuttle service picks up the participants and drops them at the venue
- **07:00 a.m. – YOGA & PRANAYAMA**  
Ashtanga Yoga Session By **Paramaguru R. Sharath Jois**
- **09:00 a.m. BREAKFAST**  
A Healthy Breakfast that consists of Sprouts, Muesli/Oats or other nutritious Cereals, Brown Bread with Butter / Jam, Fruit Salad and Herbal Drink. Participants are allowed to explore the Stalls and the Math during the break.
- **10:00 a.m. SEMINAR**  
Emily McBurnie on ‘**The Soul’s Journey**’
- **12:00 p.m. WORKSHOP**  
Vinod Kumar Rajan on ‘**Transformations In Yoga & It’s Self Practice**’
- **01:15 p.m. LUNCH**  
Highly Hygenic Indian Sattvic food that consists of Soup, Brown rice, Lentils, Boiled vegetables, Salad and Herbal drink is served. Participants are allowed to explore the Stalls and the Math during the break.
- **03:00 p.m. SEMINAR**  
Vijay Gopala on ‘**The Secret of Living an Easy Life**’
- **04:15 p.m. – YOGA & PRANAYAMA**  
Yoga Session By **Bhavini Kalan**
- **06:00 p.m. MAHASATSANG BY:**
  - 1) Mahayogi Pilot Baba**
  - 2) Sri Sri Sri Nirmalanandanatha Mahaswamiji**Revered Spiritual leaders and eminent Yogacharyas sharing their wisdom. The session will also have various cultural events.
- **07:30 p.m. DINNER**  
Indian Sattvic food that consists of Roti, Soup, Veg Curry, Continental Salad, Veg Mixed Rice, a Continental Dish and an Indian Sweet and Herbal Tea/Milk is served.
- **08:30 p.m. DROP TO ROOMS**  
The free shuttle service picks up the participants and drops them back to rooms.



## 7<sup>th</sup> OCTOBER - DAY 5

- **06:30 a.m. PICKUP**  
The free shuttle service picks up the participants and drops them at the venue
- **07:00 a.m. YOGA & PRANAYAMA**  
**Yin Yoga** by Emily McBurnie
- **09:00 a.m. BREAKFAST**  
A Healthy Breakfast that consists of Sprouts, Muesli/Oats or other nutritious Cereals, Brown Bread with Butter / Jam, Fruit Salad and Herbal Drink. Participants are allowed to explore the Stalls and the Math during the break.
- **10:00 a.m. SEMINAR**  
**Shwaasaguru Sri Vachanananda Swamiji** on ' **Pranayama & Mindful Meditation** '
- **12:00 p.m. WORKSHOP**  
Dr. Madan Bali on ' **Finding Absolute Bliss through Bliss Yoga** '
- **01:15 p.m. LUNCH**  
Highly Hygenic Indian Sattvic food that consists of Soup, Brown rice, Lentils, Boiled vegetables, Salad and Herbal drink is served. Participants are allowed to explore the Stalls and the Math during the break.
- **03:00 p.m. SEMINAR**  
Victor Truviano on ' **Breatharianism for Being In Presence** '
- **04:15 p.m. – YOGA & PRANAYAMA**  
**Kungdu Yoga** Session by **Yogi Coudoux**  
**Sivananda Yoga** by **Vinod Kumar Rajan**
- **06:00 p.m. MAHASATSANG BY:**
  - 1) **Swami Brahmadev**
  - 2) **Dr. H.R Nagendra**
  - 3) **Jagadguru Sri Shivarathri Deshikendra Mahaswamiji**Revered Spiritual leaders and eminent Yogacharyas sharing their wisdom. The session will also have various cultural events.
- **07:30 p.m. DINNER**  
Indian Sattvic food that consists of Roti, Soup, Veg Curry, Continental Salad, Veg Mixed Rice, a Continental Dish and an Indian Sweet and Herbal Tea/Milk is served.
- **08:30 p.m. DROP TO ROOMS**  
The free shuttle service picks up the participants and drops them back to rooms.

\*\*\* The Schedule and topics are subject to minor changes.

