

# SANSKRITI YOGA FESTIVAL

## FRIDAY SCHEDULE

TIME	EVENT	WHERE	WHOM
3:00 PM	Puja	Ganga Shala	
4:30 PM	"Reconnect with Nature" Traditional Hatha Yoga	Ganga Shala	Benoit
6:00 PM	Kirtan	Shiva Shala	Sunil & Isabelle
7:00 PM	Kathak Dance	Shiva Shala	Leslie Mistry
8:00 PM	Sound Meditation	Shiva Shala	Hannah

## SATURDAY SCHEDULE

TIME	EVENT	WHERE	WHOM
9:00 AM	Meditation	Shiva Shala	Benoit
10:00 AM	Hatha Raja Vinyasa Yoga	Shiva Shala	Hubert
10:30 AM	Body & Soul Flow	Ganga Shala	Caroline Sutter
11:30 AM	Conference: Geo biology and supernatural phenomenons	Buddha Shala	Pierre
11:45 AM	Natha Yoga	Shiva Shala	Nadia & Joel
12:00 PM	Yoga Flow	Ganga Shala	Mathilde
2:00 PM	Yoga Nidra	Shiva Shala	Nadia & Joel
2:00 PM	Singing Bowl Discovery	Ganga Shala	Helene Lama Tamang
3:30 PM	Kundalini Yoga	Shiva Shala	Atma Singh
3:30 PM	Kids Yoga	Buddha Shala	Mathilde
3:30 PM	Yin Restorative	Ganga Shala	Caroline Sutter
5:00 PM	Havan	Ganga Shala	Maitri
6:30 PM	Rajasthani Folk Dance	Shiva Shala	Aurora
7:30 PM	Kirtan	Shiva Shala	Har Yogi Band
8:00 PM	Om Meditation	Shiva Shala	Lalita Dasika
9:00 PM	Ecstatic Dance	Shiva Shala	Lalita & DJ Atulya

## SUNDAY SCHEDULE

TIME	EVENT	WHERE	WHOM
8:00 AM	Morning Yoga & Cold Dip (carry a bathing suit)	Ganga Shala	Prachi
10:00 AM	Vinyasa Flow	Ganga Shala	Sharleen
10:00 AM	Tibetan bowls (with family) for young and old	Shiva Shala	Lauriane Briere
10:30 AM	Mantra Workshop	Buddha Shala	Maitri
11:30 AM	Kundalini Yoga	Ganga Shala	Florence Theil
11:30 AM	Iyengar Yoga	Shiva Shala	Sophie
12:45 PM	Kirtan	Ganga Shala	Vrinda
2:00 PM	Vibratory Experience	Shiva Shala	Helene Lama Tamang
2:00 PM	Acro Yoga	Ganga Shala	Koby
3:00 PM	Ayurveda Conference	Buddha Shala	Atma Singh
4:00 PM	Sound journey - Gong bath	Shiva Shala	Michael Jasinki
4:30 PM	Tantra Yoga	Ganga Shala	Lola
5:00 PM	Self expression through mudras dance workshop (adults & kids)	Shiva Shala	Pranitha Kamat
6:15 PM	Bollywood Dance	Shiva Shala	Ecole Anamorphose
6:45 PM	Bharatnatyam Dance	Shiva Shala	Omkar School of Dance
7:30 PM	Closing gathering in Kirtan	Shiva Shala	Vrinda