



**Shri Narendra Modi**  
Hon'ble Prime Minister

**Shri Pushkar Singh Dhama**  
Hon'ble Chief Minister, Uttarakhand



# INTERNATIONAL YOGA FESTIVAL 2026

16<sup>th</sup> March to 22<sup>nd</sup> March

Ganga Resort, Muni Ki Reti, Rishikesh



gmvn\_tourism



“Yoga is a science of well-being, science of youthfulness, science of integrating body, mind, and soul.” The International Yog Festival is a global celebration of wellness, defined by its 35-year legacy and its sacred setting on the banks of the holy Ganges widely known as the “Yoga Capital of the World” Rishikesh. The festival offers rare access to living spiritual masters and renowned yoga teachers, representing over 70 yoga traditions. Apart from yoga practice, the festival also showcases Indian culture through devotional music, cultural performance, celebration of the divine feminine, and the mesmerizing Ganga Aarti at sunset, which brings together participants from various countries for a transformative week of yoga, Vedic wisdom, and the vibrant culture of Uttarakhand.



## DAY 1 16<sup>th</sup> March 2026

01	Inaugural Ceremony	10:30 to 1:30 PM
02	Cultural Performance & Yoga Demonstration	10:30 to 1:30 PM
03	Conversation with Lisa Ray	04:30 to 05:30 PM
04	Ganga Aarti	05:45 to 06:30 PM
05	Performance by Lakhwinder Wadali	06:30 to 08:00 PM



## DAY 2 17<sup>th</sup> March 2026

01	Hawan by Swami Narayan Ashram	05:30 to 06:00 AM
02	Meditation by Dr. Vipin Joshi	06:00 to 07:00 AM
03	Yoga Session by Himalayan Siddhaa Akshar	07:00 to 09:00 AM
04	Session by Art of Living	06:30 to 08:00 AM
05	Alternative Therapy by DR. Surendra Rayal	08:30 to 09:30 AM
06	Yoga Pranayam by Kapil Sanghavi	07:00 to 08:00 AM
07	Session on Cosmic Healing by Dr Urmila Pandey	08:00 to 09:00 AM
08	Iyenger Yoga by Usha Mata	07:00 to 09:00 AM

09	Osho Meditation by Swami Bodhi Vartman	11:00 to 01:00 PM
10	Yoga Demonstration by Yogi DR. Mahesh	11:30 to 01:30 PM
11	Healthy Life style Concepts by Lakshmi Narayan Joshi	11:00 to 01:00 PM
12	Preaching by Abhishek Goswami Maharaj	02:30 to 04:00 PM
13	Preaching by Yogi Krishna Avtar	04:00 to 05:00 PM
13	Performance by Basanti Devi	05:00 to 06:00 PM
14	Ganga Aarti	05:45 to 06:30 PM
15	Bhajan Sandhya by Anoop Jalota	06:30 to 08:30 PM



**DAY 3****18<sup>th</sup> March 2026**

01	Hawan by Swami Narayan Ashram	05:30 to 06:00 AM	10	Yoga Sessions by Yogacharya Girish Ananad	10:30 to 12:00 AM
02	Meditation by Dr.Vipin Joshi	06:00 to 07:00 AM	11	Yoga Demonstration by Yogi Mahesh	11:00 to 01:00 PM
03	Art of Living Session	06:30 to 08:00 AM	12	Osho Meditation & Celebration by Swami Bodhi Vartman	11:00 to 01:00 PM
04	Yogic Science by DR. Kanchan Joshi	08:30 to 09:30 AM	13	Preaching by HG Sri Baldev Das ISKCON	11:30 to 01:00 PM
05	Yoga Pranayam by Kapil Sanghavi	07:00 to 08:00 AM	14	Performance by Rajesh Malkham	03:30 to 05:30 PM
06	Yoga Session by Dr Arpita Negi	08:00 to 09:00 AM	15	Preaching by Kaushal Baji	04:00 to 05:00 PM
07	Iyenger Yoga by Usha Mata	07:00 to 09:00 AM	16	Osho Kundalini Meditation by Swami Bodhi Vartman	04:00 to 05:00 PM
08	Yoga Session by Meet Prasanna	07:00 to 09:00 AM	17	Once Upon A Time - Ghazal group	05:00 to 06:00 PM
09	Pranic Nidra by Dr. Urmila Pandey	10:00 to 11:00 AM	18	Bhajan Kirtan by ISKCON	06:30 to 08:30 PM



## DAY 4 19<sup>th</sup> March 2026

01	Hawan by Swami Narayan Ashram	05:30 to 06:00 AM
02	Yoga Session	06:00 to 07:00 AM
03	Art of Living	07:00 to 09:00 AM
04	Yoga Session by Jitanand ji	07:00 to 09:00 AM
05	Iyenger Yoga by Usha Mata	07:00 to 09:00 AM
06	Yoga Demonstration by Yogi DR. Mahesh	11:00 to 01:00 PM
07	Yoga For Mental Health by Yogi Jaidevan	10:15 to 11:30 PM
08	Ayurveda Concepts by Dr. Amrit Raj	11:45 to 01:30 PM
09	Osho Meditation & Celebration by Swami Bodhi Vartman	11:00 to 01:00 PM
10	Yoga Session by Dr. Laxmi Narayan Joshi	11:00 to 01:00 PM
11	Conversation with Sneh Rana	03:30 to 05:30 PM
12	Osho Kundalini Meditation with Swami Bodhi Vartman	04:00 to 05:00 PM
13	Performance by Nikhil Saklani	04:00 to 05:00 PM
14	Comedy Show by Rajiv Thakur	05:00 to 06:00 PM
15	Ganga Aarti	06:00 to 06:30 PM
16	Bhajan Clubbing by Keshavam Band	06:30 to 08:30 PM





**DAY 5**

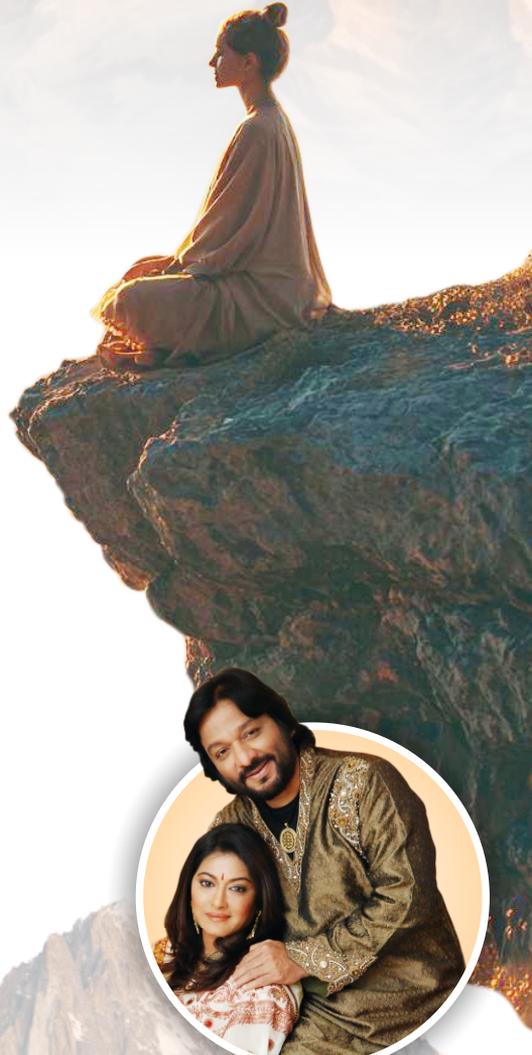
**20<sup>th</sup> March 2026**

01	Hawan by Swami Narayan Ashram	05:30 to 06:00 AM	11	Yogic Jogging by Radhika Nagrath	12:00 to 01:30 PM
02	Mysore style of Ashthanga by Yogi Kamal Singh	06:00 to 07:00 AM	12	Yoga by Swami Atma Swaroopanand Munger Baba	12:00 to 01:30 PM
03	Yoga Session by Dr. Vipin Joshi	07:00 to 09:00 AM	13	Yog Sadhna by Acharya Rohit Brahmachari	03:00 to 05:00 PM
04	Mindful Living by Aryika Purnamati Mataji	07:00 to 09:00 AM	14	Pranic Nidra by Dr. Urmila Pandey	03:00 to 04:00 PM
05	Yoga Session by Meghaa Chaudhri	07:00 to 09:00 AM	15	Preaching by Baldev Das Ji- ISKCON	03:00 to 4:00 PM
06	Iyenger Yoga by Usha Mata	07:00 to 09:00 AM	16	Osho Kundalini Meditation by Swami Bodhi Vartman	04:00 to 05:00 PM
07	Yoga Session by Binay Kumar	07:00 to 09:00 AM	17	Performance by Himalayan Route Band	04:30 to 06:00 PM
08	Ayurveda Concepts by Prof. Naresh Chaudhary	11:00 to 12:00 PM	18	Ganga Aarti	05:45 to 06:30 PM
09	Preaching by Yogi Ajay Rana	11:00 to 12:00 PM	19	Performance by Praveen Prajapati	06:30 to 08:30 PM
10	Osho Meditation & Celebration by Swami Bodhi Vartman	12:00 to 01.30 PM			



**DAY 6****21<sup>st</sup> March 2026**

01	Hawan by Swami Narayan Ashram	05:30 to 06:00 AM
02	Mysore style of Ashthanga by Yogi Kamal Singh	06:00 to 07:00 AM
03	Yoga Session by Dr S K Pandey Swami Jeetanand Usha Mata Mansi Mahajan	07:00 to 09:00 AM
04	Yoga Session by Yogi Ajay Rana	10:00 to 11:00 AM
05	Yoga Session by Dr Lakshmi Narayan Joshi	11:00 to 01:00 PM
06	Pranic Nidra by Dr. Urmila Pandey	11:00 to 01:00 PM
07	Nada Yoga by Dr Navdeep Joshi	11:00 to 01:00 PM
08	Osho Meditation & Celebration by Swami Bodhi Vartman	11:00 to 01:00 PM
09	Preaching by Swami Atma Swaroopanand Munger Baba	11:00 to 02:00 PM
10	International Yog Conference by Dr Navdeep Joshi	03:00 to 06:00 PM
11	Performance by Drum Circle	02:00 to 03:30 PM
12	Osho Kundalini Meditation by Swami Bodhi Vartman	04:00 to 05:00 PM
13	Performance by Badoni Brothers	03:30 to 05:00 PM
14	Comedy Show by Ravindra Joni	05:00 to 06:00 PM
15	Ganga Aarti	05:45 to 06:30 PM
16	Performance by Roop Kumar Rathore & Sonali Rathore	06:30 to 08:30 PM





**DAY 7**

**22<sup>nd</sup> March 2026**

01	Hawan by Swami Narayan Ashram	05:30 to 06:00 AM
02	Sidhha Yog by Sadguru Sri Siyag	06:00 to 07:00 PM
03	Natural Healing by Dr Anil Thapliyal	07:00 to 09:00 AM
04	Yoga Session by Yogi Ajay Rana	07:00 to 09:00 AM
05	Iyenger Yoga by Usha Mata	07:00 to 09:00 AM
06	Preaching by Rishiraj Sunil Bhagat	08.30 to 10.30 AM
07	Closing Ceremony by Hon'ble Governor of Uttarakhand	12:00 to 01:00 PM
08	Peformance by Narendra Singh Negi	01:30 to 02:30 PM

