



## YOGA FEST 2017 Tentative Programme in brief

### Yoga Workshops at Prajna Bhavan during the Yoga Fest 2017

#### Day 1: 17 March 2017 (Friday)

| Session     | Time              | Institution  |
|-------------|-------------------|--|
| Session 1.1 | 11.30 am—12.30 pm | Indian Yoga Federation   |
| Session 1.2 | 3.00 pm—4.00 pm   | Ironman Yoga and Naturopathy Center<br>(in Meditation Gallery) |
| Session 1.3 | 4.00 pm—5.00 pm   | Krishnamachari Yoga Mandiram, Chennai                          |
| Session 1.4 | 5.00 pm—6.00 pm   | Ramakrishna Mission Vivekananda University                     |

#### Day 2: 18 March 2017 (Saturday)

| Session     | Time              | Institution  |
|-------------|-------------------|--|
| Session 2.1 | 10.30 am—11.30 am | West Bengal Yoga Association                                   |
| Session 2.2 | 11.30 am—12.30 pm | Yoga Association of West Bengal                                |
| Session 2.3 | 3.00 pm—4.00 pm   | Om Yoga World Society  |
| Session 2.4 | 4.00 pm—5.00 pm   | Om Astanga Yoga Physique Association of Bengal                 |
| Session 2.5 | 4.00 pm—5.00 pm   | Ironman Yoga and Naturopathy Center<br>(in Meditation Gallery) |

#### Day 3: 19 March 2017 (Sunday)

| Session     | Time              | Institution  |
|-------------|-------------------|--|
| Session 3.1 | 11.30 am—12.30 pm | World Yoga Society   |
| Session 3.2 | 3.00 pm—4.00 pm   | Bihar School of Yoga   |
| Session 3.3 | 4.00 pm—5.00 pm   | Krishnamachari Yoga Mandiram, Chennai                          |
| Session 3.4 | 4.00 pm—5.00 pm   | Ironman Yoga and Naturopathy Center<br>(in Meditation Gallery) |