



International Yoga Day in the Botanical Garden, 21.06.2015 Festival Program

Main Stage (A)

- 7:55** Opening words (Andris Freidenfelds & Amala Agnese)
- 8:00** Greeting to the Sun, common meditation and asana practice (different Yoga schools)
- 8:35-8:55** Gayatri mantra (Dr. Somit Kumar, Physician from Bihar School of Yoga)
- 9:00-9:28** Inauguration and greetings by Very Important Guests (Embassy of India, University of Latvia, Deva Sanskrit University, Lisbon International Conference, Latvian Professional Yoga Federation, Baltic Yoga Federation and others)
- 9:30** Sarod music and Indian ragas (Sarasvati school of music, Maestro Akash)
- 9:45** Odissi style dance Rudrashtakam & Moksha mantra (Premal Madina & „Essence of Dance”, Anurag and Akash)
- 10:00** Introduction to Yoga and Ayurveda (Dr. Avinash Lele, Puna Ayurvedic Clinic)
- 10:05** Lecture: History of Yoga (Roland Bleak & Sumit Bakshi)
- 10:20-10:38** Oriental music (Nada Baba & „Agni”)
- 10:40-10:48** Dances: Vishnu Kouttuvam, Angarikam Bhuvanam Sloka, Shri Raja Rajeshvari (Tatyana Barinova and Erika Teivane, Bharatanatyam Riga)
- 10:50** Lecture: Yoga & healing plants (Dr. Somit Kumar)
- 11:05-11:15** Bharatanatyam style dance (Larisa Podskocaja, Indian culture centre Bharata)
- 11:15-11:30** Kathak dance (Premal Madina & „Essence of Dance”)
- 11:30-11:50** Internet resources on Yoga, Preparation for Yoga practice, Yoga therapy (Kristine Sommer, Anna Afonaseva, Latvian Professional Yoga Federation)
- 12:00-12:07** Amala Yoga dance (Amala Agnese)
- 12:10-12:30** Lecture on Yoga & Tantra (Nada Baba)
- 12:30-12:48** Devotional songs in Sanskrit, Latvian, Lithuanian, Estonian & English (Sri Sathya Sai centres from Baltic States)
- 12:50-13:00** Lecture: Vedic Knowledge & Yoga – importance and practical use in daily life for health and harmony (Shiva Vākya Siddha Baba, Shiva Centre)
- 13:00-13:15** Kalari Payatu – Indian ancient martial art demonstrations (Armands Gailis, Edgars Tarkanijs, Shiva Centre)
- 13:15-13:30** Lecture: Water, Yoga & Health (Dāns Grasmanis, European Yoga Healing Federation)
- 13:30-13:35** TAO mantra songs (Alona Zaporozcenko)
- 13:35-13:55** Lecture: Yoga Therapy & TAO Yoga (Sergiy Ivanov-Galvins, Latvian Professional Yoga Federation)
- 13:55-14:00** TAO mantra songs (Alona Zaporozcenko & Sergiy Ivanov-Galvins)
- 14:00-14:20** Lecture: Zenbuddhism and Yoga – its influence on biochemical processes in the human body (Assoc.Prof. Tatjana Tracevska, IHHR International Human Health Research Centre)
- 14:20-14:35** Vedic Bhajan songs (Inga Karpicha & Bhajan songs’ master from India)
- 14:40-15:00** Music composition on Yoga themes (Baiba Kranate)
- 15:00-17:00** Yoga schools presentations (Latvia and other Baltic States) & Vedic Bhajan songs (Bhakti Marga, Baba ji Centre, Art of Living, Sathya Sai Baba, Indian singer Dhroeh Nankoe from Holland)
- 17:15** Solstice music meditation (Nada Baba & „Agni”)
- 18:00** Common mantra recitation



Other activities

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| all day at different places | Tabla music (Baraka) & Bhajan songs (Bhakti Marga (Inga Karpicha & co), Baba Ji Centre (Rita Pedance, Rama & co), Art of Living Centre, Sathya Sai Baba Centre) |
| A (stage) 13:00-14:00 | (Moving activity, assembly point at the central stage) Healing plants (Dr.Somit Kumar with his students will take visitors around the garden to show Ayurvedic healing plants) |
| B all day | (Exhibition area) Representatives and information of all participating schools and centres |
| C all day | (Latvian Professional Yoga Federation) Yoga therapy consultations and practice |
| D at different times | (Third Eye Foundation of India) Sathya Sai meditation sessions with Alexander Lewinsky |
| E (Shiva Centre) 10:00-16:00 | 10:00 – 12:30 Free of charge consultation - with Atis Zarins 10:45 – 11:05 Yoga for beginners, 11:10 - 11:35 Yoga for pregnancy, 11:40 - 12:00 Yoga for women, 12:00 – 12:20 Dhyāna and Nirvana Shatakam meditation, 12:30- 12:50 Hatha joga exercises connected with Apaha initial element – emotion, 13:00 – 13:20 Hatha yoga for backbone, hips and legs 13:25 – 16:00 After the demonstration of Kalari Payatu on the main stage, visitors can try this martial art for improving of health: 20 min. Kalari warming-up or Lohar, 20 min. Kalari kicks, 20 min Kalari Sūrja Namaskar, 20 min. Kalari animal postures, 30 min. Kalari Payatu fight with weapons: long sticks single exercises and in pairs, 30 min. Kalari Payatu sparring and Southern style forms |
| F (Iyengar Yoga) 12:00-13:00 13:15-14:00 16:00-17:00 | Iyengar Yoga with Tamara Buyanova (Anahata Yoga Centre) Iyengar yoga in Latvian (12:00-12:30), Iyengar yoga in Russian (12:30-13:00), Tamara Buyanova Urban Yoga with Ekaterina Zilpausa and Liene Krauze (on „Pranomat” mats) Iyengar yoga in Latvian (16:00-16:30), Iyengar yoga in Russian (16:30-17:00), Tamara Buyanova |
| G (Meditation lake) 15:30-16:10 Every round hour 10:00-15:00 17:00 | Sunlight meditation with Baiba Kranate from Uruyoga Centre 15 min. Brahmakumaris meditation (Samir Singh, SahajMarg) |
| H (Children ground) 10:00-14:00 10:00 12:00 13:00 10:30-11:30 13:30-14:30 | Children yoga and other activities for children (Olga Goldberga) 10 min. Tibetan Yoga meditation sessions for Children (Ganden Buddhist Meditation Centre, affiliated with FPMT) & Riga Drikung Ngaden Choling (Latvian Drikung Kagyu Buddhist Community) Playful Yoga for children , 8-13 years old (Art of Living Centre) Yoga for teenagers YES , 13-18 year old (Art of Living Centre) |
| I (Palm house) 10:00-11:00 13:00-14:00 14:30-16:30 | Healing bells and gongs (Ludmila from Shiva centre) Lecture: Spirituality & Science (Dr. Avinash Lele, Puna Ayurvedic Clinic) Yoga peace circle: live discussion with different Yoga teachers (mediator – Ilze Dzenovska, Yoga Alliance) |
| J (Rain shelter) | In the case of rain different activities take place here |
| K (Ambika Yoga) all day | Different activities, Yoga class at 12:00-13:00 |
| L (Golden Rabbit) 10:00-10:30 11:00-12:00 13:00-14:00 16:00-17:00 | Mantras and practices for peace (Ganden Buddhist Meditation Centre & Riga Drikung Ngaden Choling) Tibetan Yoga and meditation (Drikung Kagyu centre from Lithuania) Art of Living Yoga (Art of Living Centre) Breath – sound of water , relaxing exercises for adults (Art of Living centre) |
| M (Ambika cellar) all day | Ambika gongs, bells and mantras |
| N (Oak tree) all day | Aerial Yoga exercises in the hammock (Adele Veinberga) |
| O (Natha Yoga) all day | Different activities of Natha Yoga |