

International Yoga Day Festival, Saint Petersburg, 20-21 June 2015

Master-classes program, 1st day, 20 June

hall time	Blue hall	Red hall	Veranda	Hall	Class
08:00					
08:30					
09:00				09:00 Meditation on three doors: body, speech and mind.	
09:30				Evelina Lotte .	
10:00	10:00 Satsang. Message of Yoga.				
10:30	Opening of the festival. Swami Advaita .				
11:00	11 : 00 - 12 : 00 Brunch (late breakfast)				
11:30					
12:00	12:00	12:00 Gurdjieff Sacred Dances, Aleksander Svyatkin and Rina Vaisman .	12:00	12:00	12:00
12:30	Healing energy of the inner core: heal yourself - heal others. Evelina Lotte .	13:00 Breathing. Healing. Bon Zogchen. Chongtul Rinpoche .	Mantras in Adhiyoga. Neel Kulkarni .	Why yoga? - Back to the basics. Yogeshvar Karthik .	Wisdom of Yoga. Swami Advaita .
13:00					
13:30					
14:00	14:00	14:00	14:00	14:00 Sama yoga, Aleksander Svyatkin .	14:00 Recovery and belly correction. Rina Vaisman .
14:30	Nada Yoga, Vinaya Siddaiah and T.V. Ramprasadh .	Master-class of Thai massage. Natalia Salun.	Classical yoga. Practice of meditation movements. Andrey Lobanov .	15:00 Aromatherapy: "Life in aromas and aromas in life". Svetlana Kulikova.	
15:00					
15:30					
16:00	16:00	16:00	16:00	17:00 Five steps for success in Yoga. Valeriy Miroshnichenko.	17:00 Hakim massage technique. Aleksander Svyatkin
16:30	Asanas as anti-stress. Devi Guidat .	Inner work in asanas according the method of Andrey Lobanov's Yoga School. Maria Sutygina .	Sun Salutation and waking of Prana. Yogeshvar Karthik .		
17:00					
17:30					
18:00	18:00	18:00	18:00	18:00	18:00
18:30	Adhiyoga Paddhati (Method) - Practicing Yoga in Today's World. Neel Kulkarni .	Healthy backbone with YogaFlow system. Tatiana Sovatkina .	Ishvara yoga. Safe laybacks and twists. Ishvara Yoga Centre .	Hatha yoga for beginners. Alina Khairulina .	Wisdom of Yoga. Swami Advaita .
19:00					
19:30					
20:00	20 : 00 - 21 : 00 Dinner				
20:30					
21:00					
21:30	21 : 30 Cultural program				
22:00					