

International Yoga Day Festival, Saint Petersburg, 20-21 June 2015
Master-classes program, 2nd day, 21 June

| hall | Blue hall | Red hall | Varanda | Hall | Class |
|-------|--|--|--|--|---|
| time | | | | | |
| 06:00 | | | | 06:00 Meditation | |
| 06:30 | | | | Devi Guidat. | |
| 07:00 | | | | | |
| 07:30 | | | | | |
| 08:00 | | | | 07:30 Balance flexibility | |
| 08:30 | | | | Devi Guidat. | |
| 09:00 | | 08:30_Mantra Yoga. T.V. Ramprasadh | 08:00 Sun Salutation, 108 rounds accompanied by sunny mantras. | | 09:00 |
| 09:30 | 09:30 Qigong. | 10:00 Pranayama: breath as a conduit of balance and well-being. | Neel Kulkarni. | | Weaken morning complex, Natalia Yolshina. |
| 10:00 | Aleksey Soshenko. | Evelina Lotte. | | | |
| 10:30 | | | | | |
| 11:00 | 11 : 00 - 12 : 00 Brunch (late breakfast) | | | | |
| 11:30 | | | | | |
| 12:00 | 12:00 Multipurpose psychic instruments in health and self-development technologies. | 12:00 Natya Yoga. Indira Kadambi. | 12:00 Tea ceremony. Dmitriy Zolotarevsky. | 12:00 Yoga Nidra. Alina Khairulina. | 12:00 Aromatherapy: "Aroma of happy woman". Svetlana Kulikova. |
| 12:30 | Andrey Lobanov. | | | | |
| 13:00 | | | 13:00 Relaxing complex. Natalia Yolshina. | 13:00 Breathing. Healing. Bon Zogchen. Chongtul Rinpoche. | |
| 13:30 | | | | | |
| 14:00 | 14:00 Kundalini yoga. Explore nature of mind. Anton Sharaev | 14:00 Using pranayama for meditation. Yogeshvar Karthik. | 14:30 Yoga Philosophy. Neel Kulkarni. | 14:00 Paired yoga. Yoga of cooperation. Svetlana Lobanova. | 14:00 Wisdom of Yoga. Swami Advaita. |
| 14:30 | | | | | |
| 15:00 | | | | | |
| 15:30 | | | | | |
| 16:00 | | 15:30 Practice for women. Lena More. | 16:00 Ishvara yoga. Bandhas is everything for us! Ishvara Yoga Centre. | 16:00 Therapeutic sound. Singing Tibetan bowls. Alla Nomerova and Victoria Firsova. | 15:30 Ayurveda as the system of knowledge about human nature. Their practical use is yoga. Das Dzhayanta Kumar |
| 16:30 | | | | | |
| 17:00 | 16:00 Gong-meditation. Zhanna Amrit Satya Kaur Alimbaeva. | | | | |
| 17:30 | | 17:30 Across yoga borders. Ksenia Rush. | 18:00 YogaFlow Systeme Irina Yarkova and Evgenia Galianova | 17:30 Spiritual Yoga. Vishnu Sharan Shykla. | 17:00 Wisdom of Yoga. Swami Advaita. |
| 18:00 | | | | | |
| 18:30 | | | | | |
| 19:00 | | | | | |
| 19:30 | 19 : 00 - 20 : 00 Dinner | | | | |
| 20:00 | 20 : 00 - 22 : 00 BLUE HALL Closing ceremony. Final speech. Cultural program. | | | | |