

# YOGA WORLD FESTIVAL YOGA CLASS SCHEDULE

24TH AUGUST 2019

1. BRING YOUR OWN YOGA MAT TO ATTEND ALL CLASSES
2. ALL YOGA CLASSES ARE COMPLEMENTARY FOR ALL YOGA WORLD CHAMPIONSHIP PARTICIPANTS

Classroom name		Yoga Class Room 1 Neythal Hall			Yoga Room 2 Marudham Hall Championship		Yoga Class Room 3 Paalai Hall			Yoga Class Room 4 Kunrinji Hall			Yoga Room 5 Mullai Hall Championship	
Class Room location		Ground Floor			Ground Floor ( Male )		Ground Floor			2nd Floor		Ground Floor ( Female )		
Date	Day	Time	Description	Teacher	Time	Description	Time	Description	Teacher	Time	Description	Teacher	Time	Description
24-Aug	Sat	08:00 - 08:20	<b>INAUGURATION</b>											
			<b>07:15 - 08:15 BREAKFAST</b>											
		08:30-09:45	TRADITIONAL HATHA YOGA	DR NIRANJANA MURTHY	07:30-08:00	PARTICIPANT REPORTING TIME	08:35-10:15	MEDITATION	UMA SHREE	08:30 - 09:45	YUVA YOGA (HATHA)	DR TA KRISHNAN & DR YUVA DAYALAN	07:30-08:00	REPORTING TIME
		10:15 - 12:00	ASTHANGA YOGA <PRIMARY SERIES>	VIJAY RAMPAL	08:00 ~ 08:15	OFFICIAL REPORTING	10:30-12:00	MANTRA YOGA	SATHYA NARAYAN	10:00 - 12:30	INTERNATIONAL JURY CLINIC	YESUDAS	08:00 ~ 08:15	OFFICIAL REPORTING
					08:00 ~ 12:30	CHAMPIONSHIP - INDIVIDUAL 1ST ROUND							08:00 ~ 12:30	CHAMPIONSHIP - INDIVIDUAL 1ST ROUND
			<b>12:30 - 13:30 LUNCH</b>											
		13:45 - 14:45	MAHAYOGAM	RAGHAVENDRAN	14:00 - 18:00	CHAMPIONSHIP 2ND ROUND	13:20-14:35	YIN YOGA	YOGARAJ CP	14:00-15:30	YOGA MUDRAS	UMA MAHESHWARI	14:00 - 20:00	CHAMPIONSHIP 2ND ROUND & CHAMPION OF CHAMPIONS
		14:50-16:10	LILA YOGA < ALIGN PRANA IN YOUR BODY & BREATH >	ERICA			14:45-16:00	VINYASA YOGA	KUMARAN	16:00-18:00	SOMATIC YOGA	BRIAN		
		16:15-16:45	TEA BREAK				16:15-16:45	TEA BREAK		16:15-16:45	TEA BREAK			
							17:00 - 18:00	HISTORY OF YOGA & YOGA THERAPY	DR ELANGO VAN					
			A SPECIAL CLASS ( TO BE ANNOUNCED ON SPOT SUBJECT TO CLASS ROOM AND TIME PERMITTED )											
		19:00-20:00	<b>DINNER &lt; IS ON OWN &gt;</b>											
		20:30-21:15	<b>TRADITIONAL CULTURAL PROGRAM &amp; KALARI PERFORMANCE ( TBA)</b>											