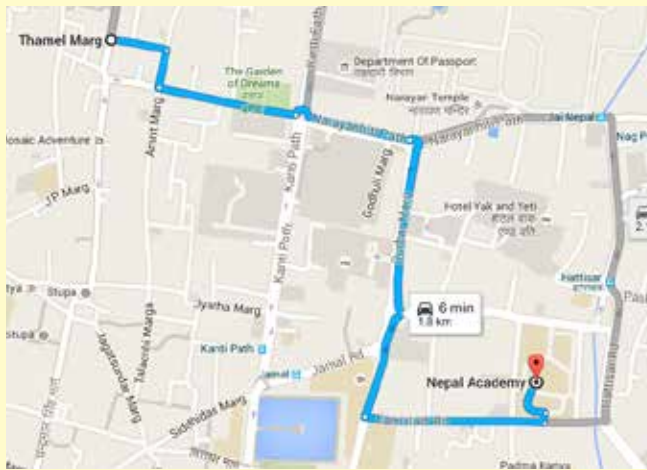




Date : March 7th-9th  
 Time : 6 AM – 5 PM  
 Place : Nepal Academy, Kamaladi Rd

**Pre-registration in Thamel at the following locations:**

- Himalayan Encounters Pure Adventure  
(Inside Kathmandu Guest House 9841544639)
- Nectar Spa – JP Road (Amrit 9860304069)
- The Map Center - Near Kathmandu Guest House 4700294



**Program Schedule**  
(Nepali Language)

Time	Program
6:00 – 7:30	Yoga Sadhana Asana, Pranayama, Mantra, Meditation.....
7:30 – 8:00	Question & Answer on Yoga Sadhana
8:00 – 8:30	Meditation / Mantra Sadhana
8:30 – 9:00	Question & Answer on Sadhana
11:00 – 1:00	Group Discussion on Yoga Philosophy

(English Language)

Time	Program
9:00 – 11:00	Kirtan, Bhajan, Classical dance
1:30 – 2:45	Group Discussion on Yoga Philosophy
3:00 – 4:30	Yoga Class Asana, Pranayama, Mantra, Meditation.....
4:30 – 5:00	Question & Answer on Yoga Sadhana

**\*Don't forget your yoga mat!**

**Organizer:**

**World Yoga Festival Committee**

**Coordinator:**

**Guru Yogi Prakash**

Phone #'s : 9841-574957, 9861-051224, 98510-55513,  
9860-304069, 9841-532370

**Sponsor**



**World Yoga Festival**  
**2016**  
**Kathmandu**



*On the auspicious occasion of Shiva Ratri let's come together to experience the essence of Yoga.*

**March 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup>**



## *Vasudhaiva Kutumbakam*

**"The whole world is one family."**

This is the yogic concept. Yoga means union. It does not discriminate between sex, race or religion.

The aim of the World Yoga Festival is to facilitate harmony among all living entities.

This harmony can be generated in different ways:

"Yogas citta vritti nirodhah" – Yoga is the cessation of the fluctuation of the mind. It brings mental clarity and peace.

Yoga gives blessings to the heart, creating inner contentment; which translates to harmony among all humanity and brings global peace.

It radiates light in all directions.

For these reasons we have organized this festival.

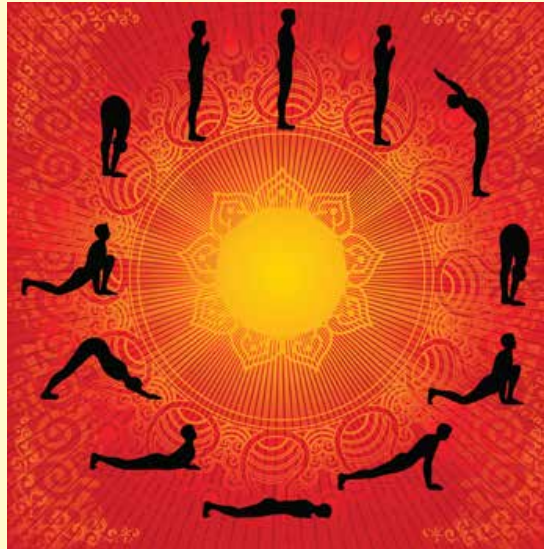
Yoga's roots can be traced back to the Himalayas of Nepal, where this science was first spoken by Lord Shiva.

All great masters from all world religions have taught yoga in different forms. Lord Buddha taught yoga in his own way to bring about global peace.

Yoga has the potential to create:

- Cooperation among all religions
- Physical, mental & spiritual health
- Eternal Bliss
- Transcendence to remove suffering

Yogic science is a great gift for humanity as it gives the key to uplift the human being to his/her highest potential. We welcome everyone to experience this truth for themselves.



***Please join us:***

Date : March 7<sup>th</sup>–9<sup>th</sup>

Time : 6 AM – 5 PM

Place : Nepal academy, Kamaladi Rd

## **Why have we organized this World Yoga Festival?**

- To preserve the classical practice of yoga as traditionally taught in the Himalayan region
- To introduce the fact that yoga's origins can be traced back to the Himalayas of Nepal, originally taught by Lord Shiva .
- To educate everyone that yoga is much more than exercise, it is also an art of living
- To bring together yogis and yoginis from all over the world for the common purpose
- To discuss the scientific aspect of yoga
- To distribute the pure light and knowledge of yoga to the whole world
- To bring the practice of yoga to the next stage, which is the higher level of sadhana for transformation
- To create world peace by starting with the individual creation of physical, mental and spiritual well-being through yoga practice

