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Dear Friends and Well-wishers,

Namaste!

We are excited to invite you to the **3 Days Global Online Yoga Festival from 18 - 20 June, 2020**. The theme of this initiative is "Peace & Sustainability Through Yoga". This online event is organised and curated by Ritambhara and India Foundation's Center for Soft Power. Join us to be part of the contemplative dialogues by experts

from the fields of Science, Spirituality, Gender Justice, Social Activism and Yoga on the relevance of Yoga for a peaceful and sustainable world.

Look forward to seeing you at the Global Online Yoga Festival!

Ritambhara Team

Registration Details

Donation: Pay from Heart. We are not charging any fixed fee for this program.

Register as a participant at
<https://ritambhara.org.in/offering/psty/>

What can you expect as a participant

Inner work through yoga

You will get an opportunity to experience inner work through yoga online explorations with the Ritambhara team as part of the 3 Days Online Yoga Festival. These inner work sessions will be based on the Saptaswara framework, and we will explore the 7 Swaras that each person need to invest in their life to lead a harmonious life. These Swaras are Maitri (Friendship), Karma (Proactiveness), Dharma, Gnyana (Knowledge), Ramyam (Inner Delight), Yoga and Abhyasa (Practice).

Dates: 17, 18, 19, 20 June 2020

Time: 7 AM - 10 AM IST & 4 PM - 7 PM IST

Yoga Samvāds - Dialogues on Yoga

As a part of the festival, you can also listen in to dialogues on yoga by eminent personalities like Eddie Stern (student of Sri Pattabhi Jois), Dr. David Frawley (Vedic Scholar), Gopi Kallayil (Chief Evangelist, Brand Marketing, Google), Suhag Shukla (HAF), and Prof. Makarand Paranjpe with Sri Raghu Ananthanarayanan.

Dates: 17th to 21st June 2020

Time: 8.30 PM to 9.15 PM IST

Zoom Links to join the sessions will be shared upon registration for the event.



Steps to Register

Peace & Sustainability Through Yoga

Register for the 3 Days Online Yoga Festival (18 - 20 June, 2020). Upon submission, you will receive an email confirmation in your inbox. Please confirm to get Yoga Festival session updates and joining links.

Full Name**Email*****Phone (WhatsApp)**

Marketing by
ActiveCampaign >

1. Visit <http://www.ritambhara.org.in/psty>
2. Submit the registration form at the bottom of the page.
3. Visit your email inbox and find an email with the subject 'Please confirm your subscription to Peace & Sustainability

Through
Yoga'.
Click
on
the
green
button
in
the
email
confirming
your
interest
to
receive
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PSTY
Yoga
Festival
Updates.

4. Visit
the
'Promotions'
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'Welcome
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Peace
&
Sustainability
Through
Yoga'
event.
This
email
contains

the
session
schedule
and
joining
links
for
the
Yoga
Festival
sessions.

Note: You may choose to drag and drop the welcome email to your 'Primary' tab or main email inbox to ensure you do not miss further updates during the Yoga Festival.

Ritambhara is a registered Trust founded by a group of dedicated members exploring the teachings and praxis of yoga, Indic texts and traditions and offering a reflective space for people to work with themselves and move towards a meaningful life.

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