

Rishikesh Yoga Festival 2025 - Tentative Schedule

(Detailed schedule to be shared later).

December 13th (Friday):

3:00-4:30pm - Orientation - **Ground Floor Yoga Hall**
5:00-6:30pm - Parmarth Ganga Aarti - **Parmarth Aarti Ghat**
6:30-7:30pm - Satsang - **Satsang Hall**
20:00 - DINNER

December 14th (Saturday):

7:00-8:00am - Collective Morning Yoga Session - **Yoga Ghat**
8:30-9:00am - Sacred Yagya Ceremony - **Sacred Grove**
9:00-10:00am - BREAKFAST
10:00-11:00am - Parallel Yoga Sessions - **Parmarth Yoga Halls**
11:30-12:30pm - Parallel Yoga Sessions - **Parmarth Yoga Halls**
1:00-2:00pm - LUNCH
2:00-3:00pm - Panel Discussion - **Parmarth Yoga Hall**
3:30-4:30pm - Collective Yoga & Meditation Session - **Parmarth Yoga Hall**
5:00-6:00pm - Parmarth Ganga Aarti & Inauguration of the Rishikesh Yoga Festival- **Aarti Ghat**
6:30-7:30pm - Satsang - **Satsang Hall**
20:00 - DINNER

December 15th (Sunday):

7:00-8:00am - Collective Morning Yoga Session - **Yoga Ghat**
8:30-9:00am - Sacred Yagya Ceremony - **Sacred Grove**
9:00-10:00am - BREAKFAST
10:00-11:00am - Parallel Yoga Sessions - **Parmarth Yoga Halls**
11:30-12:30pm - Parallel Yoga Sessions - **Parmarth Yoga Halls**
1:00-2:00pm - LUNCH
2:00-3:00pm - Panel Discussion - **Parmarth Yoga Hall**
3:30-4:30pm - Karma Yoga Session - **Parmarth Yoga Hall**
5:00-6:00pm - Parmarth Ganga Aarti - **Aarti Ghat**
6:30-7:30pm - Satsang - **Satsang Hall**
20:00 - DINNER

December 16th (Friday):

7:00-8:00am - Morning Yoga Session - **Yoga Ghat**

8:30-9:00am - Sacred Yagya Ceremony - **Sacred Grove**

9:00-10:00am - BREAKFAST

10:00-11:00am - Collective Clean Up & Pledge for a Swachh Sundar - **Parmarth Yoga Halls**

3:30-4:30pm - Collective Yoga & Meditation Session - **Parmarth Yoga Hall**

5:00-6:00pm - Parmarth Ganga Aarti & Closing Ceremony - **Aarti Ghat**

6:30-7:30pm - Satsang - **Satsang Hall**