



# European Yoga Federation

-Unity in Diversity-



## Program

### 1. Symposium

23-24-25 April 2021

#### Special Guests

from Himalaya: Swami Ramaswarupananda Saraswati and from Kerala/USA: our friend Guru DileepJi

#### Friday 23rd

**2:00- 2:30 pm**

Welcoming. Opening Ceremony with the Board of European Yoga Federation and Special Guests: Swami Ramaswarupananda, Guru DeleepJi and some Representatives and Delegates of the European Nations.

**2:30- 3:15 pm** Marco Bianco (Croatia)  
Gentle Hatha Yoga Practice

**3:15- 4:00 pm** Yoga Praviṇa Sara Ghisaura (England/Italy)  
Yoga for pregnancy

**4:00- 4:15 pm** Sacred Chant Dhruvad "Eva Om Deva"  
Barbara Zoletto voice and tamera, Roberta Righetti esraj

**4:15- 5:00 pm** Aishwarya Devi Mary Soukouli (Greece) -  
"Sankalpa Shakti, Third Eye, our will power or Resolution, how mentally decisions produce strong results in life for personal Dharma"

**5:00- 5:45 pm** Jadranko Miklec (Croatia)  
"Yoga beyond sport"

**5:45- 6:00 pm** Sharmila Sharma „Kathak Dance"

**6:00- 6:45 pm** Yoga Praviṇa Daniela Laudani Pārvaṭī (Italy)  
"Our Natural Sala"

**6:45- 7:30 pm** Meeting with Swami Vasudeva  
Nestor Cesarini (Argentina) and Swami Shankara (Brazil); Board Closing Ceremony

#### Saturday 24th

**8:00- 8:30 am** Welcoming of the Board with International guests - Meeting with Dr Prerak Sah (India)

**8:30- 9:15 am** Ilija Daov (Macedonia)  
"Yoga is not a sport"

**9:15 - 10 am** Maja Milićević (Serbia) - "Yoga is Yoga"

**10-10:15 am** Meeting with the Sitar with Gianni Ricchizzi

**10:15-11 am** Edy Bampa (Switzerland)  
"Discover yourself on the mat: the awareness of the asana practice"

**11-11:45 am** Yoga Praviṇa Amelia Rozzi (Italy)  
"ॐ Om: vibration of the Wholeness"

**11:45-12 am** Music of the temples "Anam ensemble"  
Barbara Zoletto: voice; Roberta Righetti: esraj;  
Alessandro Coccia: bansuri; Valerio Bruni:  
santur; Giorgio Cutini: pakhavaj

**12-12:45 am** Tarja Kallio-Tamminen (Finland)  
"EEG-guided meditation - some results and future plans"

**12:45-13 am** The board gives few words before lunch break

#### Lunch Break

**2:00- 2:30 pm** Welcoming of the Board  
Meeting With Dr Gaurang Joshi (India)

**2:30- 3:15 pm** Gisa Franceschelli (Italy)  
"Relevance of yoga in the public school"

**3:15- 4:00 pm** Dr. Vikrant Singh Tomar (India) - "Yogic life"

**4:00- 4:15 pm** Carlo Doneddu e Vanessa Bissiri  
"Streaming from poble sec"

**4:15- 5:00 pm** Yogi Sri Bashkar Nath - André Riehl (France)  
"Nidrā Yoga, a spiritual path for today based on our needs for relaxation and concentration"

**5:00- 5:45 pm** Emy Blesio - Gayatri Devi (Italy)  
"Yoga Paripurna: Techniques to strengthen the immune system"

**5:45- 6:00 pm** Meeting with Jo'Hán Chánt'Ney, Diné Tribe,  
Navajo Nation, Arizona

**6:00- 6:45 pm** Sukadev Volker Bretz (Germany)  
"Mantra Chakra Meditation - new energy for spiritual unfoldment"

**6:45- 7:30 pm** Meeting with Dr José Rugué from Brazil  
Board Closing Ceremony

#### Sunday 25th

**8:00- 8:30 am** Welcoming of the Board to Prof. Dr. Bhairav Kulkarni (India)

**8:30- 9:15 am** Ambra Kubat (Bosnia and Hercegovina) - "Ahimsa"

**9:15-10:00 am** Françoise Barbira Freedman (England)  
„Yoga for Women's Health and Wellbeing: how is it different from general Yoga?"

**10 - 10:15 am** Traditional Indian sacred music - Interview with Barbara Zoletto and Roberta Righetti

**10:15 - 11 am** Anna Galovicova (Slovakia)  
"Yoga in Daily Life for the Psychic Development of the Human"

**11 - 11:45 am** Amadio Bianchi - Swami Suryananda Saraswati (Italy) - "In the breath and in the fire the secret of life"

**11:45 - 12 am** Meeting with Rudra -Vina by Gianni Ricchizzi (Italy)

**12 -12:45 am** Mimoun Boulahfa (Spain) - "Summary of the Legislation of yoga in Spain. EU"

**12:45- 13 am** The board gives few words before lunch break

#### Lunch Break

**2:00- 2:30 pm** Welcoming of the Board to Dr Sishir Prasad (India)

**2:30- 3:15 pm** Stefan Ivanović (Montenegro) - Yoga and ADHD (Attention deficit hyperactivity disorder)

**3:15- 4:00 pm** Amadio Figuerido (Portugal)  
"Yogatherapy versus Yogapathy"

**4:00- 4:15 pm** Mantra of protection and auspiciousness by Master Krishna Das

**4:15- 5:00 pm** Andrey Lobanov (Russia)  
"Yoga of the modern world"

**5:00- 5:45 pm** Stefan Ilchev (Bulgaria) - „The Yogic Diet"

**5:45- 6:00 pm** "Indian dance Kathak"  
Rosella Fanelli, Kathak school

**6:00- 6:45 pm** Conference or live session

**6:45- 7:30 pm** Board Closing Ceremony: all nations greet in their own languages

For information write to:

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For further information please visit our website:  
<https://www.europeanyogafederation.net/>



Participation in this event is free of charge

For free registration go to:  
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