

Pre Conference Schedule

September 19th 2021

Time	9 - 10 AM	10 - 11 AM	11 AM - 12 PM	6:30 - 7:00 PM	7:00 - 7:45 PM	8:00 - 8:45 PM	9:00 - 9:30 PM
Topic	Essential Daily Yoga Stretch	Coping With Stress	Achieving Mental Wellness through Yogasanas in the Current Pandemic Scenario	Cultural Program from India	Inauguration Pre Conference Dr. H R Nagendra, India	SVYASA Yoga Conference Journey from 1991 to 2021	Satsang
Instructor, Speaker	Dr. Kuldeep, Singapore	Mr. Nitin Govila, Singapore	Mr. Narendra Arya, India	Ms. Manasa Pavan, India	Dr. Raghavendra Rao, India	Dr. N K Manjunath, India	

September 20th 2021

Time	9 - 10 AM	10 - 11 AM	11 AM - 12 PM	6:30 - 7:00 PM	7:00 - 7:45 PM	7:45 - 8:00PM	8:00 - 8:45 PM	9:00 - 9:30 PM
Topic	The Role of Yoga in Women's Wellness	Weight Management with Veganism	Nada Yoga: Union Through Sound	Cultural Program with Katy Le Blanc	Integrative Approach to Eye Care with Ayurveda and Yoga in Current Covid-19 Pandemic	Heartfulness Meditation	Pranayama Techniques from Siddha Yoga Literature	Satsang - The Science & Culture of Emotions
Instructor, Speaker	Dr. Nidhi Ram, India	Ms. Akriti Pandey, Singapore	Dr. Jai Kumar, India	Katy Le Blanc, Singapore	Dr. Abhishek Joshi, Bali		Mr. Vyasa Kalyanasunderam, Sri Lanka	Mr. NV Raghuram, India

September 21st 2021

Time	9 - 10 AM	10 - 11 AM	11 AM - 12 PM	6:30 - 7:00 PM	7:00 - 7:45 PM	7:45 - 8:00PM	8:00 - 8:45 PM	8:45 - 9:30 PM
Topic	Yoga For Menopause	Integral Yoga by Aurobindo	Health is Wealth	Cultural Program - Gita Chanting	Breathing and Pranayama for Working with Covid19 Clients in Yoga Therapy	Heartfulness Meditation	What can I do to help? Copation and Social-Care in COVID days	The Silence of the Full Moon Night - Breath & Meditation - Practical Session
Instructor, Speaker	Ms. Neetu Somani, Singapore	Mr. Ajay Sharma, India	Mr. Rajendra Yenkanamoole, Australia	Ms. Rahi Amit Singh, India	Dr. Amy Wheeler, USA		Dr. Danilo, Brazil	Ms. Sayaka Mori, Singapore

September 22nd 2021

Time	9 - 10 AM	10 - 11 AM	11 AM - 12 PM	6:30 - 7:00 PM	7:00 - 7:45 PM	7:45 - 8:00PM	8:00 - 8:45 PM	9:00 - 9:30 PM
Topic	Mind Body Engineering - A Logical Yet Therapeutical Session	Application of Bhakti Yoga in Yoga Therapy	Yoga for Heart Diseases	Cultural Program from Singapore	Rasa Yoga	Heartfulness Meditation	Yoga for Svatha - A Holistic Recovery	Integrating Yoga Therapy with Western Medicine: An American Experience
Instructor, Speaker	Mr. Saumik Bera, Singaporee	Dr. Subramanium, India	Ms. Archana Amalasure, Singapore	Dr. Siri Rama, Singapore	Dr. Siri Rama, Singapore		Dr. Anneke Sips, Holland	Mr. Dilip Sarkar, USA

September 23rd 2021

Time	9 - 10 AM	10 - 11 AM	11 AM - 12 PM	6:30 - 7:00 PM	7:00 - 7:45 PM	7:45 - 8:00PM	8:00 - 8:45 PM	8:45 - 9:30 PM
Topic	The Essence of Yoga Sutra & its Practical Applications	Nature & Wellbeing	The Heart of Viniyoga - Developing A Personal Practice	Herbal Tea for Immunity	Vedic wisdom for Well Being and Graceful ageing	Heartfulness Meditation	Eat Your Way to a Healthier You (Food is Medicine)	Pre Conference Closing Ceremony
Instructor, Speaker	Mr. Charat Singh, India	Mr. Prem Prakash, Singapore	Dr. Kausthubh Desikachar, India	Master Vedanta M Sharma, India	Dr. Poornima, India		Ms. Joanne Teo, Singapore	

Pre Conference Closing Ceremony

8:45 - 8:55 PM	Welcome Guest	8:55 - 9:05 PM	Summary of All Events	9:05 - 9:10 PM	Participants Remarks	9:10 - 9:15 PM	Chief Guest	9:15 - 9:25 PM	Concluding Remarks	9:25 - 9:30 PM	Vote of Thanks
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