



European Yoga Federation
1st Symposium 23-24-25 April 2021
“Unity in Diversity”

Program

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 Sara Ghisaura (England/Italy) - Yoga for pregnancy”
- 4:00-4:15 pm Sacred Chant Dhrupad "Eva Om Deva" Barbara Zoletto voice and tamera, Roberta Righetti esraj
- 4:15-5:00 pm Mary Soukoulis (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 Pravīṇa Daniela Laudani Pārvatī (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 "
- 9:15-10:00 am Maja Milićević (Serbia) - "Yoga is Yoga"
- 10:00-10:15 am Meeting with the Sitar with Gianni Ricchizzi

- 10:15-11:00 am Edy Bampa (Switzerland) “Discover yourself on the mat: the awareness into the asana practice”
- 11:00-11:45 am Amelia Rozzi (Italy) - " ॐ Om: vibration of the Wholeness"
- 11:45-12:00am Music of the temples "Anam ensemble" Barbara Zoletto: voice; Roberta Righetti: esraj; Alessandro Coccia: bansuri; Valerio Bruni: santur; Giorgio Cutini: pakhavaj
- 12:00-12:45 am Tarja Kallio-Tamminen (Finland) – “EEG-guided meditation - some results and future plans”
- 12:45-13:00 am The board give 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) -"Nidrâ 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 Miteeng with Jo’Hán Chánt’Ney, Diné Tribe, Navajo Nation, Arizon
- 6:00-6:45 pm Sukadev Volker Bretz (Germany) –"Mantra Chakra Meditation - new energy for spiritual unfoldment"
- 6:45-7:30 pm From Brazil, Meeting with Dr José Rougué - 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)
- 9:15-10:00 am Francoise Barbira Freedman (England)
- 10:00-10:15 am Traditional Indian sacred music - interview with Barbara Zoletto and Roberta Righetti
- 10:15-11:00 am Anna Galovicova (Slovakia) – “Yoga in Daily Life for the Psychic Development of the Human”
- 11:00-11:45 am Amadio Bianchi - Swami Suryananda Saraswati (Italy) – “In the breath and in the fire the secret of life”
- 11:45-12:00 am Meeting with Rudra -Vina by Gianni Ricchizzi (Italy)
- 12:00-12:45 am Mimoun Boulahfa (Spain) – “Summary of the Legislation of yoga in Spain. EU”
- 12:45-13:00 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 Amandio 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 Conference or live session
- 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 where all nations greet in their own languages

Participation in this event is totally free of charge.

For registration and information write to:

Sara Ghisaura: sara@europeanyogafederation.net

Daniela Laudani: daniela@europeanyogafederation.net

Swami Suryananda-Amadio Bianchi: presidency@europeanyogafederation.net



Further information will be published on the website:
<https://www.europeanyogafederation.net/>