

Iberian, European and World Yoga Congresses

Theme: Yoga, the meaning of life

29 April-1 May 2023

Zestoa SPA

Programme of activities

11th – Iberian Yoga Congress

29 April 2023

SCHEDULE	ACTIVITIES
8:30 – 10:00	Meditation and mantras Master Madhavacharya
10:15 – 11:15	Breakfast
11:30 – 12:00	Iberian Congress Opening Sat Guru Jí
12:00 – 12:35	Chakras and states of Consciousness Master Druva – Sanatana Dharma
12:40 – 13:15	The meaning of life Master Kalki – Sanatana Dharma
13:15 – 14:05	Witryh Healing Meditation Master Soma (SFSY)
14:15 – 15:30	Lunch
16:45 – 17:45	The Prakriti-Atman binomial Science vs Yoga Master Carlos Muñoz – Sanatana Dharma
18:00 – 19:00	“Kirtanam and Samyama” Omkára Choir Orquestra Portuguese Yoga Confederation
19:15 – 20:15	Yogic dances for life Master Naya (SFSY)
20:30 – 21:45	Dinner
21:50 – 22:25	‘Arjuna’s Heart’ Sanadhar-Theatre
22:30 – 22:50	Meditation and mantras Master Soma (SFSY)
22:50 – 23:00	Iberian Congress Closing Sat Guru Jí

4th – European Yoga Congress

30 April 2023

SCHEDULE	ACTIVITIES
7:15 – 08:15	Pranayama and asanas Love Series Masters Soma and Naya (SFSY)
8:30 – 10:00	Meditation and mantras Master Madhavacharya
10:15 – 11:15	Breakfast
11:20 – 11:30	European Congress Opening Sat Guru Jí
11:30 – 12:05	Ashta Kumbaka Master Sukadev – Germany
12:05 – 12:40	The need and ways of traditional yoga education Master Sri Veda Chaitanya – Czech Rep.
12:55 – 13:30	Regulation of yoga education – an obstacle or a key to development? Master Zsuzsanna Komjáti – Hungary
13:30 – 14:05	The Science of Meditation for Eternal Peace Master Chandra Mohan Bhandari – Poland
14:15 – 15:30	Lunch
16:30 – 18:15	Sámkhya Cosmogénesis and Yoga Sat Guru Jí
18:15 – 19:15	Sapta Chakra Sádhaná Sat Guru Jí
19:40 – 20:15	The purpose of the study of Upanishat and Gita Master Svamini Atmaprakashananda Jí
20:30 – 21:45	Dinner
21:50 – 22:25	‘Yogic Smiles’-‘Parantapa’ Sanadhar-Theatre
22:30 – 22:50	Sapta Bindu meditation Master Sukadev – Germany
22:50 – 23:00	European Congress Closing Sat Guru Jí

1st – World Yoga Congress

1 May 2023

SCHEDULE	ACTIVITIES
7:15 – 08:15	Pranayama and asanas Master Chandra Mohan Bhandari – Poland
8:30 – 10:00	Meditation and mantras Master Madhavacharya
10:15 – 11:15	Breakfast
11:20 – 11:30	World Congress Opening Sat Guru Jí
11:30 – 12:05	Yoga towards Samadhi Master Swami Yudhisthirananda-Argentina
12:05 – 12:40	Living Ahimsa Master Má Maya Tiwari – USA
12:55 – 13:30	Yoga in Daily Life Master Swami Gyanehsvarjé – Austria
13:30 – 14:05	The One Master Master Madhavacharya
14:15 – 15:30	Lunch
16:45 – 17:45	Prema Karana, the Karana of Love / Yoga, the Path of the soul Master Soma (SFSY)
18:00 – 19:00	World Congress Closing Sat Guru Jí

Further Information:

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Convener

Organizer

