

**International Yoga Day
June 25st 2016 (Saturday) at
Timber Creek Inn, Sandwich IL
10.00 - 5.00 pm**

Ballroom A +B +C		
10.00-10.45am	45 mins	Inaugural Ceremony -CGI Chicago <ul style="list-style-type: none"> • National Anthems of Republic of India & United States of America • Prime Minister Shri Narendra Modi's Special Video Message • External Affairs Minister Mrs Sushma Swaraj's Special Video Message • Welcome Remarks by Dr. Ausaf Sayeed, Consul General of India, Chicago • Inauguration by Lighting of the Lamp by Dignitaries • Remarks by Hon'ble Richard Olson, Mayor of Sandwich • Reading of Governor Bruce Rauner's State of Illinois Proclamation on International Yoga Day • Reading of Attorney General Lisa Madigan's Greetings on International Yoga Day • Reading of Mayor Rahm Emanuel's Proclamation on International Yoga Day • Remarks by Swami Ishatmananda, President, Vivekananda Vedanta Society of Chicago • Release of Special Souvenir on Second International Yoga Day by dignitaries • Concluding remarks by Mr. Deepak Kant Vyas, Chairman, Redberri Corporation
10.45 – 11.15 am	30 mins	Common Asanas demonstrated by Art of Living Foundation
11.15 – 11.45 am	30 mins	Surya Namaskar demonstrated by <i>Hindu Swayamsevak Sangh</i>
11.45 – 12.10 pm	25 mins	Meditation & Guided Self-Realization Exercise by <i>Sahaja Yoga Meditation</i>
12.10 – 12.40pm	30 mins	Introduction to Raj Yoga & Guided Meditation Workshop by <i>Brahma Kumaris</i>
12.40 – 1.10 pm	30 mins	Self Management of Excessive Tension (Stop Diabetic Movement) by <i>SEWA International</i>
1.10 – 1.15 pm	5 mins	Vote of Thanks by Mr. O P Meena , Head of Chancery, CGI Chicago
1.15– 2.00 pm	BREAK	
Ballroom B + C		
2.00 – 2.30 pm	30 mins	Surat Shabd :Yoga An Ageless Technique by <i>Science of Spirituality</i>
2.30 -2.40 pm	10 mins	Sounds of Isha – Music program by <i>Isha Institute of Inner Sciences</i>
2.40 – 3.00 pm	20 mins	Yoga for Beginners by <i>Isha Institute of Inner Sciences</i>
3.00 – 3.30 pm	30 mins	Meditation demonstrated by the <i>Art of Living Foundation</i>
3.30 – 3.45pm	15 mins	Talk on the science of Kriya Yoga and meditation by <i>Temple of Harmony</i>
3.45 – 4.00 pm	15 mins	Guided Relaxation and Meditation by <i>Soul, Love, Fest (Heartfulness)</i>

Parallel Activity Rooms

Consulate (Pre Function Area 1)

11.00- 4.30 pm	Screening of documentary on Yoga <i>by Consulate General of India</i>
	Documentary Screening <i>by Sahaja Yoga Meditation</i>
	Photo and Book Exhibition on Yoga <i>by Consulate General of India</i>

Walnut & Maple Room for Chair Yoga (Seniors – AARA & Sri Venkateswara Swami Temple)

11.00 – 11.30 am	Chair Yoga – <i>by American Association of Retired Asians</i>
11.30 – 4.30 pm	Chair Yoga & Meditation Yoga for low back pain - Scientific research presentation and Practice Session – <i>by Sri Venkateswara Swami (Balaji) Temple</i>

Oak Room – Children’s Activity – (Sahaja Yoga, Art of Living & Brahma Kumaris)

11.00 -12.00pm	Children’s Meditation <i>by Sahaja Yoga</i>
12.00- 1.20pm	Children’s Yoga <i>by Art of Living</i>
1.50 – 4.30 pm	Children’s Activity <i>by Brahma Kumaris</i> Workshop: Experiments in Raja Yoga Meditation Lecture: Yogic Lifestyle One minute Meditation (on- going)

Hickory Room

11.00 – 4.30 pm	Science of Spirituality Learn to Meditate Class Informative free literature and answer questions about Surat Shabd Yoga and vegetarianism
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Linden Room

11.00 – 4.30 pm	Isha Foundation <i>Presentation on Simple Kriya / Yoga for Beginners</i>
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Pre function Area 2 (Activity)

11.00 – 4.30 pm	Yog Sadhan Ashram - <i>Hatha Yoga & Yogic Cleansing Demonstrations</i>
11.00 – 4.30 pm	Art of Living - Intro Talk , Yoga Book and CD display

Tables for Handouts

11.00 – 4.30 pm	Hindu Swayamsevak Sangh - Table
11.00 – 4.30 pm	SEWA International- Table
11.00 – 4.30 pm	Sahaja Yoga - Table
11.00- 4.30 pm	Soul, Love, Fest - Table
11.00- 4.30 pm	Temple of Harmony -Table
11.00- 4.30 pm	Brahma Kumaris Foundation - Table
11.00- 4.30 pm	International Society of Krishna Consciousness (ISKCON Chicago) - Table
11.00- 4.30 pm	Metropolitan Asian Family Services -Table
11.00- 4.30 pm	Air India -Table
11.00- 4.30 pm	SBI, Chicago -Table
11.00- 4.30 pm	Hikma Herbal -Table