

Heartfulness Yogathon 21st June



ILANA HARRIET BURNES, FIJI ISLANDS

Beginner : Gentle Wake Up Yoga 🌿

Ilana is a registered Yoga teacher with Yoga Alliance (RYT200), trained by teacher Mark Whitwell in the Heart of Yoga (Krishnamacharya style). She is a Heartfulness Meditation trainer.



ANIT PANDHI, AUSTRALIA

Kids Special : Yoga for small children 🌿

Anit is a certified Heartfulness Yoga teacher who enjoys teaching Yoga to children.



JOHN JOSEPH SMITH, AUSTRALIA

Beginner : Immunity and Chest opening class 🌿

John is a certified Heartfulness Meditation trainer, Heartfulness Yoga teacher, 350 hours certified Yoga teacher, and certified Yin Yoga teacher.



VARSHA KUSHWAHA, INDIA

Beginner : Common Yoga Protocol 🌿

Varsha is a certified Heartfulness Yoga trainer taught by Viji Vasu in the Krishnamacharya style (200hrs). She is pursuing an Advanced Yoga course (300hrs) and a Prenatal Yoga course.



DINH THI LAI, VIETNAM

Beginner : Breathing and stretch class 🌿

Dinh is a certified Heartfulness Yoga teacher and Heartfulness Meditation trainer in Vietnam.



IRINA TASHMETOVA, UZBEKISTAN

Intermediate : Core Yoga class leading to meditation 🌿

Irina is a Heartfulness Yoga teacher and a Heartfulness Meditation trainer. She has taught Yoga for the past 20 years and teaches Vinyasa, Restorative and Prenatal Yoga.



BALAMURUGAN, INDIA

Elderly : Chair Yoga for people with reduced mobility 🌿

Bala is a certified Heartfulness Yoga teacher (200hrs) and an Advanced Yoga Teacher Training student. He is particularly interested in bringing Yoga and Heartfulness techniques to medical patients.



ANKIT PANDEY, INDIA

Advanced : Advanced Modified Vinyasa flow

From the age of 12, Ankit has studied yoga and Indian philosophy in Indian traditional schools called Gurukuls. He is certified by Yoga Alliance (RYT200) and as a Vinyasa Yoga teacher (Mysore) as well.



VERONIQUE NICOLAI, FRANCE/INDIA

Pre-natal Yoga : Pregnancy - all trimesters

Settled in India since 1999, Véronique is a French Pediatrician (MD), Meditation trainer and Yoga instructor (RYT200 – RYPT) trained in the Bihar School of Yoga style. She is a certified Heartfulness Meditation trainer.



MARION MARCEAU, FRANCE

Beginner+ : Balanced Yoga class

Marion is certified as a Yoga teacher from the Sivananda Yoga Vedanta organisation in India, as a Registered Yoga Teacher (E-RYT 500) with Yoga Alliance, and as a Heartfulness Meditation trainer.



AMAR SRIVIDYA, INDIA

Advanced : Advanced Dynamic flow

Amar's passion for Yoga led him to explore different styles: Hatha Yoga E-RYT500 hrs, Prenatal Yoga and Pranayama from the Bihar School of Yoga, and Ashtanga Yoga (Mysore). He has a Master's Degree in Yogic Science.



EVA DU, IRELAND/INDIA

Beginner : Relaxing Yoga stretches

Eva is a certified Heartfulness Yoga trainer and Vinyasa Yoga teacher (Mysore) from Ireland. She is currently participating in the Heartfulness Fellowship program in Yoga.



SORAYA MOHAMED BELLO, CANARY ISLANDS

Intermediate : Yoga with a chair

Soraya is the co-founder and coordinator of a Yoga studio in Gran Canaria. She is a certified Heartfulness Meditation instructor and a certified Heartfulness Yoga teacher (RYT200).



YASSINE SOBH, EGYPT

Advanced : Arm balance & flexibility

Yassine is a certified Yoga trainer (RYT200) and an Air Yoga instructor. He teaches Advanced Yoga classes and Heartfulness Meditation in Egypt.



SANDRINE DOAT, BELGIUM

Beginner : SuryaNamaskar variations

Sandrine is a certified Heartfulness Yoga teacher (TTC 200 and 300) and Heartfulness Meditation trainer.



DANIELA MIHALCIAC, ROMANIA

Advanced : Hip opening class 🌸

Daniela is certified in Hatha Yoga (E- RYT 200 hrs) with Bindusar Yoga School Rishikesh, Ashtanga Yoga with Manju Jois, Vinyasa Yoga, Yin and Restorative Yoga, Kids Yoga and as a Heartfulness Meditation trainer.



MARGERY ANDERSON, USA

Elderly : Therpeutic Yoga class 🌸

Margery is a certified Kripalu Yoga teacher, Phoenix Rising Yoga therapist, Svaroopo™ Yoga and Svaroopo™ Yoga Therapy teacher.



LEAH RICH, USA

Kids Special : Children Yoga class 🌸

Leah is a certified Heartfulness Yoga teacher, Heartfulness Meditation trainer and the creator of Heartful Movement. She currently practices in New York State.



SUCHITRA UNIYAL, USA

Advanced : Power Yoga 🌸

Suchitra is a certified Heartfulness Yoga trainer registered with Yoga Alliance. She practices and teaches Hatha, Vinyasa, Ashtanga, Aerial and Kids Yoga in New Jersey.



VANESSA MOLENAAR, BRAZIL

Beginner : Gentle stretches and meditation 🌸

Vanessa is a certified Hatha Yoga trainer 500 hours, Heartfulness Meditation trainer, and Kids Yoga teacher. She studied Vedanta and Neuroscience of Meditation and currently works with Yoga and integrative therapies.



MIRIAM SEALY, PANAMA

Intermediate : Evening Yoga class 🌸

Miriam is a long-practicing Yoga teacher certified by Gran Fraternidad Universal, Akila Yoga Institute and Heartfulness Yoga School. She was first certified in Venezuela in 2005 but now teaches in Panama.

Register here: heartfulness.org/idy

24 hours of heartfully taught Yoga with 40+ trainers from around the world!

youtube.com/heartfulnessyoga



SCHEDULE

24 hour Heartfulness Yogathon Schedule - Each hour a new class!
Select classes and levels that pique your interest amongst the 21 offered classes

| TRAINER/ LEVEL | Class Description | Australia | Indian Standard Time | Europe (France) | Brazil | EST - USA | Canada (Vancouver) |
|--|---|-----------|-------------------------|--------------------|----------|-----------|-----------------------|
| ILANA/ BEGINNER | Gentle Wake Up Yoga | 8:35 AM | 4:05 AM | 12:35 AM | 7:35 PM | 6:35 PM | 4:30 PM |
| ANIT/ KIDS SPECIAL | Yoga for small children | 9:30 AM | 5:00 AM | 1:30 AM | 8:30 PM | 7:30 PM | 5:30 PM |
| JOHN/ BEGINNER | Immunity and Chest opening class | 10:30 AM | 6:00 AM | 2:30 AM | 9:30 PM | 8:30 PM | 6:30 PM |
| COMPASSION CONTAGIOUS - GLOBAL HEARTFULNESS PROGRAM : GUESTS RAM DEV BABA, DAAJI | | | | | | | |
| Music, Yoga & Meditation : 11:30 AM (AUS), 7:30 AM (IST), 3:30 PM (EUROPE, FRANCE), 10:30 PM (BRAZIL), 9:30 PM (EST, USA), 7:30 PM (CANADA, VANCOUVER) | | | | | | | |
| VARSHA/ BEGINNER | Common Yoga Protocol | 2:35 PM | 10:05 AM | 6:35 AM | 1:35 AM | 12:35 AM | 11:30 PM |
| DINH/ BEGINNER | Breathing and stretch class | 3:30 PM | 11:00 AM | 7:30 AM | 2:30 AM | 1:30 AM | 12:30 AM |
| IRINA/ INTERMEDIATE | Core Yoga class leading to meditation | 4:30 PM | 12:00 PM | 8:30 AM | 3:30 AM | 2:30 AM | 1:30 AM |
| BALA/ ELDERLY | Chair Yoga for people with reduced mobility | 5:30 PM | 1:00 PM | 9:30 AM | 4:30 AM | 3:30 AM | 2:30 AM |
| ANKIT/ ADVANCED | Advanced Modified Vinyasa flow | 6:00 PM | 2:00 PM | 10:30 AM | 5:30 AM | 4:30 AM | 3:30 AM |
| VERONIQUE/ PRE-NATAL | Pregnancy - all trimesters | 7:30 PM | 3:00 PM | 11:30 AM | 6:30 AM | 5:30 AM | 4:30 AM |
| MARION/ BEGINNER+ | Balanced Yoga class | 8:30 PM | 4:00 PM | 12:30 PM | 7:30 AM | 6:30 AM | 5:30 AM |
| AMAR/ ADVANCED | Advanced dynamic flow | 9:30 PM | 5:00 PM | 1:30 PM | 8:30 AM | 7:30 AM | 6:30 AM |
| EVA/ BEGINNER | Relaxing Yoga stretches | 10:30 PM | 6:00 PM | 2:30 PM | 9:30 AM | 8:30 AM | 7:30 AM |
| SORAYA/ INTERMEDIATE | Yoga with a chair | 11:30 PM | 7:00 PM | 3:30 PM | 10:30 AM | 9:30 AM | 8:30 AM |
| YASSINE/ ADVANCED | Arm balance & flexibility | 12:30 AM | 8:00 PM | 4:30 PM | 11:30 AM | 10:30 AM | 9:30 AM |
| SANDRINE/ BEGINNER | SuryaNamaskar variations | 1:30 AM | 9:00 PM | 5:30 PM | 12:30 PM | 11:30 AM | 10:30 AM |
| DANIELA/ ADVANCED | Hip opening class | 2:30 AM | 10:00 PM | 6:30 PM | 1:30 PM | 12:30 PM | 11:30 AM |
| MARGERY/ ELDERLY | Therapeutic Yoga class | 3:30 AM | 11:00 PM | 7:30 PM | 2:30 PM | 1:30 PM | 12:30 PM |
| LEAH/ KIDS SPECIAL | Children Yoga Class | 4:30 AM | 12:00 AM | 8:30 PM | 3:30 PM | 2:30 PM | 1:30 PM |
| SUCHITRA/ ADVANCED | Power Yoga | 5:30 AM | 1:00 AM | 9:30 PM | 4:30 PM | 3:30 PM | 2:30 PM |
| VANESSA/ BEGINNER | Gentle stretches and meditation | 6:30 AM | 2:00 AM | 10:30 PM | 5:30 PM | 4:30 PM | 3:30 PM |
| MIRIAM/ INTERMEDIATE | Evening Yoga class | 7:30 AM | 3:00 AM | 11:30 PM | 6:30 PM | 5:30 PM | 4:30 PM |

Be ready for 15 minutes of live interactions at the end of each 45-minute class!
Featuring guest Yoga teachers from across the globe, each with their own experiences and insights.

