

# Heartfulness Yogathon 21<sup>st</sup> 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**

**Intermediate : 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, Svaroopa™ Yoga and Svaroopa™ 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](https://heartfulness.org/idy)**

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

**[youtube.com/heartfulnessyoga](https://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
<b>COMPASSION CONTAGIOUS - GLOBAL HEARTFULNESS PROGRAM : GUESTS RAM DEV BABA, DAAJI</b>							
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 PM
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/ INTERMEDIATE	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/ INTERMEDIATE	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
MARGERIT/ 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.

