

Yoga Day Conference

Event	Speaker
The Yoga Way - 2015 Talk in UN	Gurudev Sri Sri Ravi Shankar
Patanjali Yoga Sutra - Chanting and Decoding	Dinesh Kashikar
Secret of Breath in Yogic Practice	Dr. BR Sharma
Theory of Asana	Rohit Sabharwal
Simple Stretches	Asheesh Pal
Meditation with Gurudev Sri Sri Ravi Shankar	
Interaction with Gurudev on Mental Health	Gurudev Sri Sri Ravi Shankar
Shatkriya for Immunity	Swami Purna Chaitanya
Uniqueness of Philosophy of Yoga	Dr. N Ganesh Rao
Mechanics of Yoga	Dinesh Kashikar
Questions and Answers on Yoga	Dinesh Kashikar
Questions and Answers	Girin Govind
Stretches	Mayur Karthik
Meditation with Gurudev Sri Sri Ravi Shankar	Recorded
Satsang	