



\* All sessions will take place at the Art of Living  
 \*\* I AM Yoga Nidra™ Experience: first come first basis  
 \*\*\* Off-site sessions, please note location

DATE/TIME	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Feb 22	Feb 23	Feb 24	Feb 25	Feb 26	Feb 27	Feb 28
10 am - 12 pm		Satsang with Gurudev Shri Amritji	Satsang with Gurudev Shri Amritji & Shri Kamini Devi (Beatles Ashram)	Satsang with Gurudev Shri Amritji	Understanding the Energy of Relationships (Shri Kamini Devi)	Awaken Your Inner Healer (Shri Kamini Devi)	No Public Events
3 - 3:45 pm		I AM Yoga Nidra™ Experience	I AM Yoga Nidra™ Experience	I AM Yoga Nidra™ Experience	I AM Yoga Nidra™ Experience	I AM Yoga Nidra™ Experience	
4 - 6 pm	Opening Ceremony	Understanding Energy and the Role of the Mind (Shri Kamini Devi)	I AM Yoga®: Master Your Life Energy (Shri Kamini Devi)	Understanding and Resolving Emotions as Energy (Shri Kamini Devi)	Satsang with Gurudev Shri Amritji	Satsang with Gurudev Shri Amritji	
7 - 8 pm			Ancient Wisdom, Modern Master: The Story of Yogi Amrit Desai (Movie)			Nectar (Movie)	
<b>DATE</b>	<b>Mar 1</b>	<b>Mar 2</b>	<b>Mar 3</b>	<b>Mar 4</b>	<b>Mar 5</b>	<b>Mar 6</b>	
10 am - 12 pm	International Yoga Festival Opening Ceremony (10:30am-1pm)	Satsang with Gurudev Shri Amritji	International Yoga Festival Gurudev Shri Amritji (10:30am-12:30pm)	Satsang with Gurudev Shri Amritji	International Yoga Festival Shri Kamini Devi (10:30am-12:30pm)	The Art of Presence: Ida and Pingala and Energy Balancing Techniques (Shri Kamini Devi)	No Public Events
3 - 3:45 pm	I AM Yoga Nidra™ Experience	I AM Yoga Nidra™ Experience	I AM Yoga Nidra™ Experience	I AM Yoga Nidra™ Experience	I AM Yoga Nidra™ Experience	I AM Yoga Nidra™ Experience	
4 - 6 pm	Satsang with Gurudev Shri Amritji	Anatomy of Energy: The Journey of the Soul through Human Embodiment (Shri Kamini Devi)	Listening to Energy as Inner Guidance (Shri Kamini Devi)	Practical Energy Management The Stress Producing Mental Tendencies (Shri Kamini Devi)	Satsang with Gurudev Shri Amritji	Satsang with Gurudev Shri Amritji	
7 - 8 pm			Lineage (Movie)				