

5th November | WEDNESDAY

LOTUS STAGE

SHANTI STAGE

PRANA STAGE

6:30			
7:00			
7:30			
8:00			
8:30			
9:00			
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10:00			
10:30			
11:00			
11:30			
12:00	GATES OPEN		
12:30			
13:00			
13:30			
14:00	Check-in at 2:00 PM for Participants with Accommodation		
14:30			
15:00	Nurgul Kazan Family Constellations - Release Burdens from your Family System 15:00 - 16:30 W		Dr. Avinash Lele Magical Marma's the healing points on your body 15:00 - 16:30 W
15:30			
16:00			
16:30			
17:00	Marieke & Tim - Kundalini Yoga School Be your own Oracle 17:00 - 18:00 W	Yamuna Devi Acroyoga 17:00 - 18:00 W	
17:30			
18:00			
18:30	Bijay J. Anand Aura Healing 18:30 - 19:30 - Lotus Stage W		
19:00			
19:30			
20:00			
20:30			
21:00	Opening Ceremony for Anahata Healing Festival 21:00 - 22:00 Lotus Stage		
21:30			
22:00			
22:30			
23:00			
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Program Tags:

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 Workshop

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 Talk

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 Meditation/Sound Healing Session

Meal Timings:

Breakfast – 08:00 AM to 10:30 AM

Lunch – 12:30 PM to 14:30 PM

Dinner – 19:30 PM to 21:30 PM

ANAHATA HEALING FESTIVAL 2025

Program subject to change.

6th November | THURSDAY

LOTUS STAGE

SHANTI STAGE

PRANA STAGE

6:30			
7:00	Yamuna Devi Yoga & Qi Gong 7:00 - 8:30 W		
7:30		Za Rah Kumara Clearing the Energy Field – Alignment for Destiny 07:30 - 09:00 W	
8:00			
8:30			
9:00			
9:30			
10:00	Bijay J. Anand Heart Chakra Healing: Unlocking Peace and Happiness 10:00 - 11:30 - Lotus Stage		
10:30			
11:00		W	
11:30			
12:00	Jenil Dholakia Partner Yoga: Better Together 12:00 - 13:00 W		
12:30			
13:00			
13:30			
14:00	Panel Discussion with Bijay J. Anand on Ayurveda with Dr. Avinash Lele Ayurveda 14:00 - 15:30 - Prana Stage		
14:30			
15:00		T	
15:30			
16:00			Sonia Mehta Hip Mobility 16:00 - 17:00 W
16:30	Anna Vašinová Deeply nourishing oneself 16:30 - 17:30 W		
17:00			
17:30			
18:00	Arpit Singh - Kalari Warriors Kalaripayattu Introductory Workshop 18:00 - 19:30 W		
18:30			
19:00			
19:30			
20:00			
20:30	Marieke & Tim - Kundalini Yoga School Cosmic Alignment 20:30 - 22:00 W	Sonia Razdan Trika Signature Sound & Gong Bath: Root to Rise 21:00 - 22:00 ✿	
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Program Tags:

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 Workshop

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 Talk

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 Meditation/Sound Healing Session

Meal Timings:

Breakfast – 08:00 AM to 10:30 AM

Lunch – 12:30 PM to 14:30 PM

Dinner – 19:30 PM to 21:30 PM

ANAHATA HEALING FESTIVAL 2025

Program subject to change.

7th November | FRIDAY

LOTUS STAGE

SHANTI STAGE

PRANA STAGE

6:30			
7:00	Arpit Singh - Kalari Warriors Shankhnaad Workshop: Breath, Voice & Vibrational Power 7:00 - 8:30		
7:30		Rupika Chopra Conscious Connected Breathwork - Powerful session of Breathwork and Reiki 7:30 - 09:00	
8:00			
8:30			
9:00			
9:30			
10:00	Bijay J. Anand Spiritual Healing – Soul Detox 10:00 - 11:30 - Lotus Stage		
10:30			
11:00			
11:30			
12:00	Jenil Dholakia Pachamama: 5 Elements Yoga 12:00 - 13:00		Sonia Mehta Rooted in Motion: The Hip as the Body’s Compass 12:00 - 13:00
12:30			
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14:30			
15:00		Anna Vašinová Deep Therapeutic Body Release 15:00 -16:00	Nurgül Kazan The Power of Intuition & Third Eye Activation 15:00 - 16:00
15:30			
16:00			
16:30	Za Rah Kumara Walking with the Divine - A life of Prosperity and Purpose 16:30 - 18:00		
17:00		Yamuna Devi Guided Thai Massage 17:00 - 18:00	
17:30			
18:00			
18:30	Yasmin Karachiwala Mat Pilates for Longevity 18:30 - 19:30		Marieke & Tim - Kundalini Yoga School The Art of Energetic Retrieval 19:00 - 20:00 - Amphitheatre
19:00			
19:30			
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20:30			
21:00	Music & Evening Entertainment 21:00 - 22:00 Lotus Stage		
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Program Tags: Workshop
Talk
Meditation/Sound Healing Session

Meal Timings:
Breakfast – 08:00 AM to 10:30 AM
Lunch – 12:30 PM to 14:30 PM
Dinner – 19:30 PM to 21:30 PM

ANAHATA HEALING FESTIVAL 2025
Program subject to change.

8th November | SATURDAY

LOTUS STAGE

SHANTI STAGE

PRANA STAGE

6:30			
7:00	Za Rah Kumara TRUE YOU – Rebirthing into your True Self 7:00 - 8:30		Rupika Chopra Healing with the Crystals 7:00 - 8:30
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8:00			
8:30	W		W
9:00			
9:30	Arpit Singh - Kalari Warriors Kalaripayattu Workshop 9:30 -11:00		Yamuna Devi Yoga & Qi Gong 10:00 - 11:00
10:00			
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11:00	W		W
11:30	Marieke & Tim - Kundalini Yoga School Soul Alchemy 11:30 - 13:00		
12:00			
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14:00			Anna Vašinová Meditation to heal the wounded parts 14:00 - 15:30
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16:00		Sonia Razdan Trika Signature Sound & Gong Bath: Root to Rise 16:00 - 17:00	
16:30	Yasmin Karachiwala Pilates to lengthen your spine 16:30 - 17:30		
17:00			
17:30	W		
18:00	Bijay J. Anand Vibrations of the Soul 18:00 - 19:30 - Lotus Stage		
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21:00	Music & Evening Entertainment 21:00 - 22:00 Amphitheatre		
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Program Tags:

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Workshop

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Talk

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Meditation/Sound Healing Session

Meal Timings:

Breakfast – 08:00 AM to 10:30 AM

Lunch – 12:30 PM to 14:30 PM

Dinner – 19:30 PM to 21:30 PM

ANAHATA HEALING FESTIVAL 2025

Program subject to change.

9th November | SUNDAY

LOTUS STAGE | **SHANTI STAGE** | **PRANA STAGE**

LOTUS STAGE | **SHANTI STAGE** | **PRANA STAGE**

LOTUS STAGE | **SHANTI STAGE** | **PRANA STAGE**

6:30			
7:00		Anna Vašinová Active meditation - Back to your power 7:00 - 8:00	
7:30	Jenil Dholakia Surya & Chandra Namaskara: Sun & Moon Salutations 7:30 - 8:30		
8:00			
8:30			
9:00			
9:30			
10:00	Bijay J. Anand Limitless - Unshackling our life Workshop 10:00 - 11:00 - Lotus Stage		
10:30			
11:00	Bijay J. Anand & Martin Čech - Closing Ceremony		
11:30			
12:00	Check out at 12:00 PM for Viveda Participants		
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Program Tags:  Workshop
 Talk
 Meditation/Sound Healing Session

Meal Timings:
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