**International Yoga Festival 2016 in Rishikesh, INDIA**

Since the United Nations has adopted June 21 as the International Yoga Day, Parmarth Niketan Ashram would like to join hands with the Indian diplomatic missions abroad to help spread the inspiration for Yoga by sharing this exciting information through their offices.

       From March 1 - March 7, every y​e​ar, Parmarth Niketan in Rishikesh (Himalayas), Uttarkhand hosts the world famous annual International Yoga festival!

       In 2016, Parmarth Niketan Ashram will celebrate their 17th year of organizing this ever-growing Festival, which has now become truly globally renowned.   Last year, they had ​approximately 10​00 participants from ​60​ countries, nearly 80% of the participants coming from abroad.  The yogacharyas and presenters themselves come from dozens of countries around the world.

       During this one-week Festival, attendees have the opportunity to participate in over 60 hours of Yoga classes from world-class Yoga masters of multiple styles of Yoga including Kundalini Yoga, Power Vinyasa Yoga, Iyengar Yoga, Kriya Yoga, Pranayama, Meditation, Reiki, as well as lectures on Yoga, Vedanta, ancient Indian philosophy and Ayurveda. Additionally, there are always fantastic cultural song and dance performances giving a wonderful flavour of the culture of India. The festival has been featured in such prestigious international publications as TIME magazine, the NY Times, CNN, CNBC, Vanity Fair and others.

       Persons with a penchant for holistic living and with an interest in traditional Indian cultural experiences, would enjoy and benefit from being a part of this week-long festival on the banks of Ganga in the lap of the Himalayas, at the birthplace of Yoga.

       For additional information, please visit [**www.internationalyogafestival.com**](http://www.internationalyogafestival.com/) **​**to learn more about the festival

       Yoga enthusiasts can join this special festival with the rest of the world on the holy banks of the Ganges.

Ms. ​Elise​ [Email : yoga@internationalyogafestival.com]

IYF Team Member

Parmarth Niketan Ashram

P.O. Swargashram Rishikesh
Uttarakhand (Himalayas), India

**Videos:** IYF 2014 @ Parmarth: [www.youtube.com/watch?v=U3cBzDomgY0](http://www.youtube.com/watch?v=U3cBzDomgY0)

**Websites:** International Yoga Festival: [www.internationalyogafestival.com](http://www.internationalyogafestival.com/)
Parmarth Niketan Ashram: [www.parmarth.org](http://www.parmarth.org/)
India Heritage Research Foundation: [www.ihrf.com](http://www.ihrf.com/)
Ganga Action Parivar: [www.gangaaction.com](http://www.gangaaction.com/)
Global Interfaith WASH Alliance (GIWA): [www.washalliance.org](http://www.washalliance.org/)
Project Hope: [www.projecthope-india.org](http://www.projecthope-india.org/)
Divine Shakti Foundation:  [www.divineshaktifoundation.org](http://www.divineshaktifoundation.org/)

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