



| Groundfloor, TZ 1 | Lecture & Satsang | Groundfloor, TZ 2 | Lecture & Satsang |
|---|---|---|---|
| 09:30 - 10:30 Duration: 60 min. ›Ceremony | <u>EWAC#2 - Opening ceremony</u> <u>Dr. Vasant Lad Lighting the Ghee Lamp and more</u> Room: "Grosser Saal" | 09:30 - 10:30 Duration: 60 min. ›Ceremony | <u>EWAC#2 - Opening ceremony</u> <u>Dr. Vasant Lad Ligting the Ghee Lamp and more</u> Room: "Large Hall" |
| 10:45 - 11:30 Duration: 45 min. ›Lecture | <u>Dr. Vinod Verma</u> <u>Ayurvedic Herbs and Spices: God's own Apothecary</u> | 11:00 - 11:45 Duration: 45 min. ›Lecture | <u>Dr. Manoj Samantaray</u> <u>Health Care from the Ayurvedic Point of View</u> |
| 11:45 - 12:30 Duration: 45 min. ›Lecture | <u>Karin Schuller</u> <u>Ayurveda with all 5 Senses</u> | 12:00 - 12:45 Duration: 45 min. ›Lecture | <u>Heidi Ulfig</u> <u>From "Drinkable" Water to Alive Drinking Water</u> |
| 12:45 - 13:30 Duration: 45 min. ›Lecture | <u>Ravidas Korn</u> <u>Burnout and Ayurveda</u> | 13:00 - 13:45 Duration: 45 min. ›Lecture | <u>Kirstin Knufmann</u> <u>Raw! Healthy and Fit with Superfood in the Rhythm of Ayurveda</u> |
| 13:45 - 14:30 Duration: 45 min. ›Lecture | <u>Ursula Muhn</u> <u>The Power of Light</u> | 14:00 - 14:45 Duration: 45 min. ›Lecture | <u>Nguyễn Thi Thiêt</u> <u>Vietnamese Facial Reflexology Massage (VinaMa®)</u> |
| 14:45 - 15:30 Duration: 45 min. ›Lecture | <u>Vadakkan Simon, Sajan Joseph</u> <u>The Tri-Doshic Concept - Tips for a Dosha - Based Diet and Lifestyle</u> | 15:00 - 15:45 Duration: 45 min. ›Lecture | <u>Kerstin Rosenberg</u> <u>Healthy Children with Ayurveda - Diet and Health Advice for each Development Phase</u> |
| 15:45 - 16:45 Duration: 60 min. ›Satsang | <u>Satsang with Pari</u> <i>(Mantra concert : Satyaa & Pari at 19:00. Doors open: 18:30. Location: „Large Hall“ „Grosser Saal“)</i> | 16:00 - 16:45 Duration: 45 min. ›Lecture | <u>Raphael Khalef</u> <u>Understanding Chronic Illness through Ayurvedic Astrology</u> |
| 17:00 - 17:45 Duration: 45 min. ›Lecture | <u>Vaidya Hemang Parekh</u> <u>Simple and Practical Methods of Pulse Reading</u> | 17:00 - 18:00 Duration: 60 min. ›Satsang | <u>Satsang with Shanti</u> |



| Groundfloor, TZ 3 | Yoga & Meditationes | Gallery, TZ 4/5 | Yoga & Meditationes |
|---|---|--|---|
| 09:30 - 10:30 Duration: 60 min. ›Ceremony | <u>EWAC#2 – Opening ceremony</u> <u>Dr. Vasant Lad Lighting the Ghee Lamp and more</u> Room: "Grosser Saal" | 09:45 - 10:30 Duration: 45 min. ›Others | <u>Chitra</u> <u>Mantra-Circle</u> |
| 11:00 - 11:45 Duration: 45 min. ›Yoga | <u>Prof. Amândio Figueiredo</u> <u>Yoga for the Eldery and Sadhana/Abhyasa</u> | 10:45 - 12:15 Duration: 90 min. ›Yoga | <u>Julia Lang</u> <u>Tri-Dosha Yoga Practice</u> |
| 12:00 - 12:45 Duration: 45 min. ›Yoga | <u>Dieter Gurkasch</u> <u>Five Tibetans®</u> | 12:30 - 13:15 Duration: 45 min. ›Yoga | <u>Feroze Kahn</u> <u>Hatha Yoga</u> |
| 13:00 - 13:45 Duration: 45 min. ›Yoga | <u>Kai Treude</u> <u>Kirtan</u> | 13:30 - 14:15 Duration: 90 min. ›Yoga | <u>Helga Montag</u> <u>Sound Yoga Workshop</u> |
| 14:00 - 15:30 Duration: 90 min. ›Yoga | <u>Katie Dixon</u> <u>Power Yoga, Vinyasa Style</u> | 14:30 - 16:00 Duration: 90 min. ›Active meditation | <u>OSHO® International</u> <u>Kundalini Meditation</u> |
| 15:45 - 17:15 Duration: 90 min. ›Yoga | <u>Kai Treude</u> <u>Satva in Motion – Bhakti-Yoga & Flow</u> <u>(Accompanied by Mantras & live Music)</u> | 16:15 - 17:45 Duration: 90 min. ›Yoga | <u>Shanti Grit Wade</u> <u>Yin Yoga for Vata Disorders</u> |



Groundfl., Lahnsaal **Cooking show & Table talk**

11:30 - 12:30
Duration: 60 min.
›Cooking show

Volker Mehl
Nothing but Ayurveda in the Pot

13:00 - 15:00
Duration: 120 min.
›Table talk

EWAC#2 - Table talk
Panel Discussion with Doctors, Experts and Patients. Duration: 20 minutes each

15:30 - 16:30
Duration: 60 min.
›Cooking show

Ravidas Korn and Ishwari Thornton
Ayurvedic Kitchen - Food and Medicine

1.OG, Rheinlounge **Sound and Yin Yoga workshop**

14:00 - 15:30
Duration: 90 min.
›Sound and Yin Yoga

Livia Gurkasch and Elke Schenkmann
Sound and Yin Yoga Workshop



| Groundfloor, TZ 1 | Lecture & Satsang | Groundfloor, TZ 2 | Lecture & Satsang |
|--|---|--|---|
| 09:30 - 10:15 Duration: 45 min. ›Lecture | <u>Janina Lakhal</u> <u>Aroma Freestyle – More Free Energy for your Growth!</u> | 10:00 - 10:45 Duration: 45 min. ›Lecture | <u>Rita Keller</u> <u>Ayurveda and Yoga – the 5 Elements in Yoga</u> |
| 10:30 - 11:15 Duration: 45 min. ›Lecture | <u>Lothar Pirc</u> <u>Basics of Ayurveda and Practical Tips for your Home</u> | 11:00 - 11:45 Duration: 45 min. ›Lecture | <u>Claire Laleve</u> <u>Vedicare – Ayurvedic Food Supplements</u> |
| 11:30 - 13:00 Duration: 90 min. ›Lecture | <u>Petra Tsekos</u> <u>Ayurveda - One-Year Concept for the Regeneration of the Generation 40 and above</u> | 12:00 - 12:45 Dauer: 45 min. ›Lecture | <u>Kirstin Knufmann</u> <u>Raw! Healthy and Fit with Superfoods in the Rhythm of Ayurveda</u> |
| 13:15 - 14:45 Duration: 90 min. ›Lecture | <u>Julia Lang</u> <u>How does Ayurveda Provide Answers to the Challenges of Daily Life?</u> | 13:00 - 13:45 Duration: 45 min. ›Lecture | <u>Nguyễn Thi Thiêt</u> <u>Where can I Find the Heart Reflection in My Body?</u> |
| 15:00 - 15:45 Duration: 45 min. ›Lecture | <u>Dr. Sukumar Sardeshmukh</u> <u>Atharva - Head Massage Oil For Insomnia and Stress Management</u> | 14:00 - 14:45 Duration: 45 min. ›Lecture | <u>Yogi Diensh Kashikar from India</u> <u>Vedic Wisdom & Meditation</u> |
| 16:00 - 18:00 Duration: 120 min. ›Ceremony | <u>EWAC#2 – Closing ceremony</u> <u>Meditation, Let's Dance Together and more</u> <u>Room: „Large Hall“ "Grosser Saal"</u> | 15:00 - 15:45 Duration: 45 min. ›Lecture | <u>Anke Brühl-Tschunk</u> <u>Balance Life – Coping with Stress Through Singing Bowls</u> |
| | | 16:00 - 16:45 Duration: 45 min. ›Lecture | <u>Dr. Yadav K. Mohan</u> <u>Vital Points of Healing</u> |
| | | 17:00 – 18:00 Duration: 60 min. ›Satsang | <u>Satsang with Shanti</u> |



Groundfloor, TZ 3 Yoga & Meditationes

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|--|---|
| 09:30 - 11:00 Duration: 90 min. ›Active Meditation | <u>OSHO®</u> <u>Dynamic Meditation</u> |
| 11:15 - 12:00 Duration: 45 min. ›Yoga | <u>Feroze Kahn</u> <u>Hatha Yoga</u> |
| 12:15 - 13:00 Duration: 45 min. ›Meditation | <u>Stephanie Daun-Brater</u> <u>Meditation ... Easier than You Think!</u> |
| 13:15 - 14:00 Duration: 45 min. ›Yoga | <u>Marco Büscher</u> <u>Shine your Light - A Mantra Yoga Flow Journey</u> |
| 14:15 - 15:45 Duration: 90 min. ›Yoga | <u>Rita Keller</u> <u>Ayurveda and Yoga - the 5 Elements in Yoga</u> |
| 16:00 - 18:00 Duration: 120 min. ›Ceremony | <u>EWAC#2 - Closing ceremony</u> <u>Meditation, Let's Dance Together and more</u> <u>Room: „Large Hall“ "Grosser Saal"</u> |

Gallery, TZ 4/5

Yoga & Meditationes

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|--|---|
| 09:30 - 10:15 Duration: 45 min. ›Yoga | <u>Jürgen Laske</u> <u>Yoga for a Flexible Back</u> |
| 10:30 - 11:15 Duration: 45 min. ›Yoga | <u>Pony</u> <u>Feel what's Inside of You, Find the Source of your Strength, and Experience Ultimate Relaxation!</u> |
| 11:30 - 13:00 Duration: 90 min. ›Yoga | <u>Isha Foundation</u> <u>Yoga Tools for Transformation</u> |
| 13:15 - 14:00 Duration: 45min. ›Yoga | <u>Gisela Dombrowsky</u> <u>Mit Lachyoga heiter, fit und entspannt</u> |
| 14:15 - 15:45 Dauer: 90 min. ›Yoga | <u>Chitra</u> <u>Mantra Yoga</u> |
| 16:00 - 18:00 Duration: 120 min. ›Ceremony | <u>EWAC#2 - Closing ceremony</u> <u>Meditation, Let's Dance Together and more</u> <u>Room: „Large Hall“ "Grosser Saal"</u> |



Groundfl., Lahnsaal **Cooking Show & Table Talk**

11:30 - 12:30

Duration: 60 min.

›Cooking Show

Volker Mehl

Nothing but Ayurveda in the Pot

13:30 - 14:30

Duration: 60 min.

›Cooking Show

Kerstin Rosenberg

Healing Art From the Ayurvedic Kitchen

1OG, Rheinlounge **Sound and Yin Yoga workshop**

14:00 - 15:30

Duration: 90 min.

›Yoga

Livia Gurkasch and Elke Schenkmann

Sound and Yin Yoga Workshop