



# Bulgarian Yoga Federation

License No. 000276/19.06.05 of the State Agency of Youth and Sports, Boul.  
"Vassil Levski" 75, Sofia 1040, tel. +3592/8656422

---

## PROGRAMME

### IN THE INTERNATIONAL CONGRESS

World Community of Indian Culture & Traditional Discipline, World Movement  
for Yoga & Ayurveda and European Yoga Federation  
**26-28 September 2008**

From September 26 to September 28, 2008 International Congress will take place in Plovdiv, Bulgaria. The Meeting will turn into celebration of Yoga culture as a way of living and relation to the world.

The Congress is organized by Bulgarian Yoga Federation, World Community of Indian Culture & Traditional Discipline, World Movement for Yoga & Ayurveda and European Yoga Federation, Municipality of Plovdiv, United Advertising Agency, and Sports Club Amrita, Plovdiv.

The Congress will take place in **Antique Amphitheatre** in Old Town of Plovdiv.

## Program

### September 26, 2008

- 10.00 am. BTA – press conference of the International Congress
- 02.00 pm – 05.00 pm – program in yoga clubs in Plovdiv
- 07.00 pm. - Official opening of the International Congress at **Antique amphitheatre**
  - Welcoming speech by regional governor of Plovdiv
  - Welcoming speech by the mayor of Plovdiv
  - Opening speech by the chairman of Bulgarian Yoga Federation- Kiril Kolarov;
  - Opening speech by **Yogacharini Pandit Emy Blesio**, Yoga, Philosophy and Indian culture teacher - Yoga, breathing techniques, child and pregnant massage
  - **Opening speech by M<sup>o</sup> Amadio Bianchi**, expert in Ayurveda – theoretical-philosophical basis of Indian medicine, diagnosis of the eight aspects, Ayurvedic manual techniques, marma and marmani, meditation, lifestyle, Yoga.
  - **Concert**

## September 27, 2008

--- 09.00 am to 12.00 pm – Demonstration of yoga asanas at **Antique amphitheatre**

--- 01.30 pm to 05.00 pm- Conference at **Alliance hotel:**

1. THE ANCIENT INDIAN MEDICINE- **M<sup>o</sup> Amadio Bianchi- Italy** expert in Ayurveda – theoretical-philosophical basis of Indian medicine, diagnosis of the eight aspects, Ayurvedic manual techniques, marma and marmani, meditation, lifestyle, Yoga.
2. Varutha Krya.- **Yogacharini Pandit Emy Blesio- Italy** Yoga, Philosophy and Indian culture teacher - Yoga, breathing techniques, child and pregnant massage
3. "Problems of European adults and Ayurveda".-**Dr. Szalkai Iván- Hungary** Educational and Scientific Director, Hungarian Ayurveda Medical Foundation
4. " Prana & Immortality and the Role of Vedanta, Veda & Patanjali Yoga Sutras" - **Dr. Nitin Unkule- India**
5. **Teodo Nedev-Bulgaria** - An originator, a father and a head of company of non - profit goal " Matreja Sangha- Friends of one better world" , the originator, the father and the head of the company with the non - profit goal-"Movement for harmonious development of the human /BMST/ "

--- 04.00 pm to 09.00 pm- **yogasanas demonstrations combined with Indian music at Antique amphitheatre**

1. yoga -demonstrations- **Calendula Bt- Hungary**
2. yoga -demonstrations -**Yoga –club " Yoga " – Bulgaria**
3. yoga -demonstrations - **Borislav Nikolov- Bulgaria-** won a Silver Medal within youth category at the Second National Yoga Asana Championship. In 2002 he became an Absolute Gold Champion at the Bulgarian Yoga Asana Championship and won a Gold Medal again at the Eleventh National Yoga Championship in 2006. In 2004, he was the one and only Bulgarian representative and yoga sportsman at the World Yoga Asana Championship which took place in Madrid, Spain.
4. yoga -demonstrations - **Yoga club " Viara " - Bulgaria-** Established in 2004, the club is one of the largest clubs in Bulgaria. At annual national yoga contests, members of the club always are ranked first, and the club itself ranked second in team placing in Bulgaria 2004, and third for the years 2005 ,2006, 2007 .

## September 28, 2008

--- 09.00 am to 12.00 pm – Demonstrations at **Antique amphitheatre**

--- 02.30 pm – Tour to "Bachkovski "Monastery