



RĀGA YOGA FESTIVAL

21 JUNE 2025 - BANGALORE

CELEBRATING THE HEALING POWER OF INDIAN CLASSICAL MUSIC & YOGA TRADITIONS.

**JUNE 21 IS CELEBRATED WORLDWIDE AS BOTH
THE INTERNATIONAL DAY OF YOGA &
THE INTERNATIONAL DAY OF MUSIC.**

**JOIN US IN AN IMMERSIVE JOURNEY OF DISCOVERING
THE SELF THROUGH RĀGĀS AND YOGIC PRACTICES.**

ARTISTS & FACILITATORS



Vinay Kulkarni

Dharmic
Entrepreneur



Rajam Shanker

Indian Classical
Music Therapist



Hamsini Murthy

Indian Classical
Music Therapist



Hariprasad Varma

Transformation Coach
Yoga Therapist



Shruti Bode

Hindustani Musician
Performer



Aarti Sivakumar

Musician / Performer
Voice Artist



Ashlesha Shintre

Dhrupad Vocalist
Yoga Therapist



Anika Kulkarni

Bharatanatya
Dancer

REGISTER @ [BIT.LY/RAGAYOGAFESTIVAL2025](https://bit.ly/ragayogafestival2025)





RĀGA YOGA FESTIVAL

21 JUNE 2025 - BANGALORE

SCHEDULE

- 10:00 AM - 10:30 AM - INAUGURATION & KEYNOTE**
10:30 AM - 11:15 AM - THE HEALING POWER OF RĀGĀS
11:15 AM - 11:30 AM - TEA BREAK
11:45 AM - 12:30 PM - UNDERSTANDING MUSIC THERAPY
12:30 PM - 01:30 PM - LUNCH BREAK
01:30 PM - 02:30 PM - RĀGA YOGA - EXPLORING MONSOON RĀGĀS
02:30 PM - 03:30 PM - ANTARNAAD
03:30 PM - 03:45 PM - TEA BREAK
03:45 PM - 04:30 PM - RĀGA YOGA - EXPLORING NAVARASAS
04:30 PM - 04:45 PM - CLOSING REFLECTIONS
04:45 PM - 05:15 PM - MUSICAL PERFORMANCE
05:15 PM - 05:30 PM - BHARATANATYA PERFORMANCE

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REGISTER - FESTIVAL PASS

SCAN QR CODE

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VENUE DETAILS

UPADESHA ACADEMY,
15, 80 FEET RD,
OPP. MONTESSORI TRAINING ACADEMY,
NEAR MD CERAMICS, SAHARA LAYOUT,
GUBBALALA, SUBRAMANYAPURA,
BENGALURU, KARNATAKA - 560062

SCAN QR CODE



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RĀGA YOGA FESTIVAL

KEYNOTE SPEAKER

VINAY KULKARNI

DHARMIC ENTREPRENEUR



VINAY IS THE FOUNDER & CEO OF ALCHMI AND E-COM ELEPHANT, WITH 25+ YEARS OF GLOBAL EXPERIENCE IN WELLNESS, E-COMMERCE, AND CONSULTING. HE HOLDS ENGINEERING AND BUSINESS DEGREES FROM THE UNIVERSITY OF MYSORE AND THE UNIVERSITY OF ARIZONA AND HAS LED CXO COACHING, BUSINESS TURNAROUNDS, AND WELLNESS VENTURES IN THE U.S. AND INDIA.

DEEPLY ROOTED IN INDIAN CULTURE, HE LEADS SANSKRITISHAALA AND SANATHANI.COM, AND CREATED THE DHARMIC ENTERPRISE FRAMEWORK TO PROMOTE BUSINESS AS A TOOL FOR SOCIAL GOOD.

HIS LATEST VENTURES INCLUDE UPADESHA ACADEMY (RETREATS), DARSHANA BOOKS & GIFTS, SAMVADA BISTRO, AND SHASTRA RESEARCH LAB, BLENDING TRADITION, STRATEGY, AND INNOVATION.



RĀGA YOGA FESTIVAL

HARIPRASAD VARMA

FOUNDER: ZENSEI & YOGAŚĀLA

COACH | FACILITATOR | YOGA THERAPIST



HARIPRASAD IS AN INTERNATIONALLY ACCREDITED TRANSFORMATION COACH, LEGO® SERIOUS PLAY® AND FLOW GAME FACILITATOR, IAYT-CERTIFIED YOGA THERAPIST, APPLIED THEATRE PRACTITIONER. HE IS ALSO A PRACTITIONER OF PROCESS WORK AND SOMATIC EXPERIENCING METHOD.

HARI IS PASSIONATE ABOUT EXPLORING THE INTER-SECTIONALITY OF INNER WORK THROUGH YOGA WITH CLASSICAL MUSIC, ARTS, THEATRE, AND LEGO® SERIOUS PLAY® AND FLOW GAME.

HE DESIGNED THE LEELA SERIES EXPLORING IDEAS FROM PATANJALI'S YOGA SŪTRĀS THROUGH THE LEGO® SERIOUS PLAY® METHOD. DURING THE COVID-19 LOCKDOWN HE CO-CREATED THE RĀGA YOGA SERIES OF EXPLORATIONS IN HIS PURSUIT FOR BEAUTY AND RHYTHM IN LIFE.



RĀGA YOGA FESTIVAL

KEYNOTE SPEAKER

RAJAM SHANKER

MUSIC THERAPIST | AUTHOR | TEACHER



KALĀSĀRATHI, ĀCHĀRYA RATNA, VIDUSHI RAJAM SHANKER IS AN EXPERIENCED INDIAN CLASSICAL MUSIC THERAPIST AND INSTRUCTOR. FOR OVER 25 YEARS, SHE HAS COLLABORATED WITH MEDICAL AND REHABILITATION PROFESSIONALS AND INSTITUTIONS, WORKING SPECIFICALLY WITH AUTISM SPECTRUM, NEURO-DEVELOPMENTAL DISABILITIES, AND CURATIVE EDUCATION FOR CHILDREN AND ADULTS.

SHE HAS RESEARCHED INDIGENOUS RĀGA-CHIKITSA PROTOCOLS AND EMPLOYED THE TRADITIONAL NĀDĀNUSANDHĀNA PRACTICE, WHICH USES CLASSICAL MUSIC ELEMENTS TO CREATE SCIENTIFICALLY VALIDATED, PERSONALIZED MUSIC THERAPY INTERVENTIONS.



RĀGA YOGA FESTIVAL

HAMSINI MURTHY

MUSIC THERAPIST | FACILITATOR



HAMSINI ACCOMPANIES HER MOTHER, VIDUSHI RAJAM SHANKER, IN FACILITATING THE COURSE ON THE HEALING POWER OF INDIAN RĀGĀS.

SHE ENSURES THAT HER MOTHER'S VAST KNOWLEDGE AND UNIQUE METHODOLOGY IN MUSIC THERAPY ARE CONVEYED IN A STRUCTURED, ACCESSIBLE, AND ENGAGING MANNER THROUGH VIBRANT, EASY-TO-UNDERSTAND PRESENTATIONS AND ASSIGNMENTS.

WITH MANY YEARS OF EXPERIENCE IN MARTIAL ARTS AND YOGA, HAMSINI ENRICHES THE COURSE BY INTEGRATING YŌGA ĀSANĀS, PRĀṆĀYĀMA, MANTRĀS, AND MUDRAS, HELPING STUDENTS DISCOVER NEW CONNECTIONS BETWEEN MOVEMENT, BREATH, SOUND, AND HEALING.



RĀGA YOGA FESTIVAL

CHARUMATHY SHANKAR

FINE MUSIC THERAPIST | PERFORMER



A FINE MUSIC THERAPIST AND A DISCIPLE OF ACHARYA RATNA VIDUSHI SMT. RAJAM SHANKER, CHARUMATHY IS TRAINED IN BOTH CARNATIC AND HINDUSTANI SUGAM SANGEET.

SHE HAS BEEN WORKING ON AUTISTIC CHILDREN WITH RĀGĀS AND HAS HELPED THEM SIGNIFICANTLY IMPROVE THEIR ABILITIES. SHE DESIGNED “KOKHILADHWANI”, A CORPORATE PROGRAM DESIGNED FOR EMPLOYEE STRESS RELIEF THROUGH THE THERAPEUTIC EFFECTS OF RĀGĀS.

APART FROM TEACHING MUSIC FOR MORE THAN 30 YEARS, SHE HAS SUNG IN VARIOUS DEVOTIONAL ALBUMS AVAILABLE IN YOUTUBE.



RĀGA YOGA FESTIVAL

AARTI SIVAKUMAR

MUSICIAN | VOICE ARTIST | PERFORMER



AN AVID PROPONENT OF HEALTHY AND CONSCIOUS LIVING, AARTI IS A VOCAL INSTRUCTOR, EDUCATOR AND A STUDENT OF YOGASUTRA. HER PASSION IS TO BRING PEOPLE CLOSER TO THEMSELVES THROUGH THEIR VOICE, BY BUILDING AWARENESS OF BREATH, BODY AND MIND.

SHE SEES MUSIC AS A VERSATILE VEHICLE THAT DRIVES YOU TO HOLISTIC EXPERIENCES RATHER THAN SIMPLY A SKILL-BUILDING EXERCISE. SHE BRINGS TOGETHER DIFFERENT MODALITIES TO CREATE VARIOUS SPACES OF TEACHING, LEARNING AND INNER-WORK CLASSES AND WORKSHOPS.

HAVING BEEN SURROUNDED BY MUSIC OF DIFFERENT LANGUAGES AND CULTURES FROM A VERY YOUNG AGE, SHE BORROWS FROM ALL HER EXPERIENCES, BE IT A CARNATIC KRITI, KABIR BHAJAN OR A JAPANESE FOLK SONG. SHE BRINGS THOSE NUANCES WITH HER IN THE TEACHING SPACES, IN COMBINATION WITH VOICE CULTURE. SHE BELIEVES THAT ANYONE CAN TAP INTO THE JOY OF SINGING, REGARDLESS OF WHAT AGE/ NATURAL TALENT ONE MAY START WITH.

AS A PERFORMER, SHE IS HAPPIEST WHEN ONE IS ABLE TO EXPLORE SONGS FOR THEIR MELODIC AS WELL AS LYRICAL DEPTH. SHE LENDS HER VOICE TO ADVERTISEMENTS AS A VOICEOVER ARTIST AND HAS COLLABORATED ON MANY AWARD-WINNING AUDIO/ FILMS PROJECTS.

YOU CAN FIND OUT MORE ABOUT HER AT AARTISIVAKUMAR.COM



RĀGA YOGA FESTIVAL

SHRUTI BODE

HINDUSTANI MUSICIAN | PERFORMER



SHRUTI IS A PERFORMING ARTIST AND HINDUSTANI CLASSICAL MUSIC TEACHER BASED IN BANGALORE, INDIA. SHE HAS BEEN PURSUING HINDUSTANI CLASSICAL MUSIC FOR OVER 23 YEARS.

SHRUTI RECEIVED RIGOROUS TRAINING IN MUSIC FROM HER GURUS VIDUSHI VANI HARDIKAR AND LATE DR. BHARATI VAISHAMPAYAN.

SHE HAS ALSO WON MANY STATE AND NATIONAL LEVEL MUSIC COMPETITIONS. SHRUTI IS A B-HIGH GRADE ARTIST AT ALL INDIA RADIO AND HAS ALSO SUNG IN SEVERAL PRESTIGIOUS TV SHOWS.



RĀGA YOGA FESTIVAL

ASHLESHA SHINTRE

DHRUPAD VOCALIST | YOGA THERAPIST



ASHLESHA IS A DAGARBANI DHRUPAD VOCALIST AND AN IAYT-CERTIFIED YOGA THERAPIST. HAVING TRAINED AND PRACTISED EXTENSIVELY IN BOTH DISCIPLINES OVER MORE THAN TWO DECADES, SHE EXPLORES THE MANY INTERSECTIONALITIES BETWEEN THE TWO ANCIENT TRADITIONS.

SHE WAS AWARDED THE JUNIOR RESEARCH FELLOWSHIP BY THE MINISTRY OF CULTURE TO STUDY DAGARBANI DHRUPAD AND WAS A VISITING SCHOLAR AT THE ITC SANGEET RESEARCH ACADEMY IN KOLKATA. SHE COMPOSED MUSIC FOR A DOORDARSHAN FILM IN 2018.

PRESENTLY, SHE TEACHES ONE-ON-ONE YOGA THERAPY AND MUSIC CLASSES. SHE HAS ALSO BEEN TEACHING AT A SPECIAL NEEDS SCHOOL FOR THE LAST TWO YEARS AND FEELS IMMENSELY GRATEFUL FOR THIS PATH.



RĀGA YOGA FESTIVAL

ANIKA VINAY KULKARNI

BHARATANATYA DANCER

KUMARI ANIKA VINAY KULKARNI BEGAN HER JOURNEY IN BHARATANATYAM AT THE AGE OF FOUR WITH THE ESTEEMED ABHINAVA SCHOOL OF DANCE, FOUNDED BY THE CELEBRATED DANCE COUPLE NIRUPAMA & RAJENDRA.



AT AGE SIX, SHE CAME UNDER THE MENTORSHIP OF HER PRESENT GURU, SMT. SAMHITHA RAJ, AT NRITYA SAMHITHA ACADEMY, WHERE HER LEARNING DEEPENED THROUGH YEARS OF DEDICATED PRACTICE, DISCIPLINE, AND LOVE FOR THE ART. ANIKA’S PERFORMANCES ARE NOTED FOR THEIR GRACE, EMOTIONAL DEPTH, AND PRECISE EXPRESSIONS—QUALITIES NURTURED BY HER UNWAVERING FOCUS AND ARTISTIC SENSIBILITY.

SHE HAS ALSO PURSUED KARNATAKA SHASTRIYA SANGEETA TRAINING UNDER GURU SMT. BHANUMATHY IYENGAR, FURTHER ENRICHING HER UNDERSTANDING OF CLASSICAL RHYTHM AND MELODY. SHE HAS SUCCESSFULLY COMPLETED ALL FOUR LEVELS OF THE GANDHARVA MAHAVIDYALAYA EXAMINATIONS.

ANIKA’S TALENT AND DEDICATION HAVE BEEN RECOGNIZED WITH NUMEROUS ACCOLADES, INCLUDING BALA RATNA 2025 AWARD BY TSAL AND THE AMERICAN INSTITUTE OF CULTURE AND MANAGEMENT, NATYASHREE AWARD FROM KALA MANDAPAM AT THE ALL-INDIA CLASSICAL DANCE FESTIVAL (SEASON 2), NATYAKALA SHARADE AWARD AT THE NATYAKALA SANGAMA DANCE FESTIVAL 2022.

SHE HAS PERFORMED AT VARIOUS ESTEEMED CULTURAL VENUES AND EVENTS SUCH AS ROYAL CLUB EVENTS, AMR FOUNDATION, VASAVI TRUST, YSC - ROTARY CLUB OF BANGALORE, SANSKRITI SOURABHA TRUST, AND SEVERAL OTHER TEMPLES.