

SANGOSHTI

2026

7th National Conclave
of the Indian Yoga Association

12-13 September 2026

Where Yoga's Timeless Wisdom
Meets Its Future Path

VENUE

Adhyatma Sadhna Kendra
Chattarpur, New Delhi

Indian Yoga Association
www.yogaiya.in

ABOUT SANGOSHTI

SANGOSHTI 2026, the 7th National Conclave of the Indian Yoga Association, is a celebration of the people who bring the vision of IYA to life. Bringing together Life Members, Associate Centres, Yoga Professional Members and the wider yoga fraternity, Sangoshti provides a platform to reconnect, celebrate shared achievements, exchange ideas, and strengthen the collective journey of Yoga.

Open to all who believe in the transformative power of Yoga, the conclave reflects the harmonious confluence of Yoga's timeless wisdom and its evolving relevance in today's world. Rooted in philosophy and spirituality, yet increasingly influencing healthcare, education, research, public policy, and professional practice, Sangoshti explores this journey through four interconnected pillars.

THE FOUR PILLARS

Scientific Research

Exploring evidence, innovation, and the future of Yoga research.

Philosophical Foundations

Revisiting the timeless wisdom that forms the basis of authentic Yoga.

Spiritual Practice

Experiencing Yoga as a path of inner transformation and self-discovery.

Policy, Standards & Certification

Strengthening quality, professionalism, and the future of Yoga through robust frameworks.

HIGHLIGHTS

- Inspiring Inaugural Session
- Four Curated Panel Discussions
- Interactive Dialogue with Eminent Experts
- Experiential Yoga Sessions
- Sanghkirtan
- Cultural Evening
- Networking & Collaboration Opportunities
- Recognition of the IYA Community
- Exchange of Ideas and Best Practices

PROGRAMME AT A GLANCE

DAY 1 | Saturday, 12 September 2026

Registration & Inaugural Ceremony

"Lighting the Lamp: A Sangoshti Begins"

Panel Discussion

Yoga Under the Lens: Evidence, Research and the Road Ahead

Sanghkirtan

"Naad Se Nishtha Tak"

Panel Discussion

Beyond the Mat: The Philosophical Foundations of Yoga

Experiential Session

"Practice as Proof"

Cultural Evening

"Yoga in Rhythm"

DAY 2 | Sunday, 13 September 2026

Morning Experiential Session

"Sadhana at Sunrise"

Panel Discussion

The Inner Journey: Yoga as a Spiritual Path

Panel Discussion

Building the Ecosystem: Policy, Schemes and Certification

Valedictory Ceremony

"Carrying the Flame Forward"

WHO SHOULD ATTEND?

- Life Members
- Associate Centres
- Yoga Professional Members
- Member Institutions
- Yoga Teachers & Practitioners
- Researchers & Academicians
- Yoga Students
- Wellness Professionals
- Healthcare Professionals
- Policymakers
- Spiritual Seekers
- Anyone committed to the authentic growth of Yoga



ABOUT THE INDIAN YOGA ASSOCIATION

The Indian Yoga Association (IYA) is the apex body of yoga institutions in India, established to unite the diverse streams of yoga under one common platform. Committed to preserving the authenticity of Yoga while promoting its holistic growth, IYA brings together eminent institutions, yoga professionals, researchers, practitioners, and wellness organisations. Through collaboration with government bodies, academic institutions, and the wider yoga fraternity, the Association advances quality education, scientific research, professional standards, certification, and public awareness.

"Every Member Matters. Every Voice Matters. Every Journey Matters."

JOIN THE YOGA GATHERING

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