



INTERNATIONAL YOGA FEDERATION

ANNUAL & IMPACT
REPORT 2024

EXECUTIVE SUMMARY

The 2024 Annual & Impact Report presents a comprehensive overview of the International Yoga Federation's global activities, impact, and governance throughout the year. Guided by its mission to promote yoga as both a sport and a holistic path to well-being, IYF continued expanding its inclusive, volunteer-driven, and non-profit model across more than 200 countries.

Throughout 2024, IYF reached over 100,000 people worldwide through its core initiatives, including the World Yoga Championship, Yoga & Awareness Festivals, the International Yoga Expert Certificate (IYEC) program, and the Yoga Academy Journal. These programs supported physical and mental health, peacebuilding, education, social inclusion, and intercultural dialogue, in alignment with the United Nations Sustainable Development Goals.

A key highlight of the year was the 10th World Yoga Championship, which enabled participation from 200 countries through a fully volunteer-based, free, and online model. Monthly Yoga & Awareness Festivals further strengthened IYF's community engagement, reaching approximately 4,000 participants through a combination of online and physical formats.

In parallel, IYF continued expanding its educational impact through the IYEC program, supporting women, seniors, and individuals seeking new professional pathways. The Yoga Academy Journal maintained its role as an educational and cultural platform, reaching tens of thousands of readers despite shifts in sponsorship focus.

2024 also marked the launch of the Healthy Living Village Project, laying the foundation for long-term, place-based impact in sustainable living, education, and holistic well-being.

Operating through transparent governance and a clearly defined financial structure, IYF maintained its independence and integrity by relying on voluntary contributions, project-based sponsorships, and volunteer engagement. No commercial revenue or membership fees formed the basis of its activities.

This report reflects the collective efforts of IYF's members, partners, sponsors, and volunteers. Together, they demonstrate how yoga continues to serve as a universal tool for personal transformation, social responsibility, and global cooperation.

Yoga promotes health, strength, peacebuilding, raise environmental awareness, and encourage social inclusion.

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The International Yoga Federation (IYF) is a global organization dedicated to the promotion and development of yoga. Our mission is to spread the message of yoga and its benefits to people of all ages and backgrounds. We achieve this through various initiatives, including the 10th World Yoga Championship, Yoga and Awareness Festivals, and the International Yoga Expert Certificate (IYEC). Our global impact is felt in over 100 countries, and we support initiatives that promote health, empower women and youth, strengthen peacebuilding, raise environmental awareness, and encourage social inclusion.

MESSAGE FROM THE PRESIDENT



Dear Members, Partners, and Friends of the International Yoga Federation,

As we reflect on the year 2024, we witness how yoga continues to unite humanity beyond borders, cultures, and beliefs. This year was a milestone for the International Yoga Federation — a year of renewal, connection, and purposeful action.

Through our global programs, championships, and awareness festivals, we have touched the lives of thousands of people around the world, inspiring harmony, self-awareness, and peace. Each initiative carried forward our mission to make yoga a universal path of transformation — for individuals and for society.

The Global Yoga Calls, organized throughout the United Nations International Days, expanded IYF's contribution to global dialogue on peace, health, equality, and sustainable living. The World Yoga Championship strengthened the bridge between discipline and creativity, bringing together more than 1,000 participants from 200 countries. Our publications, especially the Yoga Academy Journal, continued to enlighten minds and hearts through knowledge, art, and culture.

This year also marked the launch of the Healthy Living Village Project in partnership with the Healthy Life Foundation — a step toward sustainable communities aligned with the principles of yoga and conscious living.

As we move forward, our vision remains steadfast: to build a peaceful and balanced world where yoga is a way of life for all. I extend my heartfelt gratitude to every teacher, volunteer, sponsor, and friend who contributed to this mission.

With peace, gratitude, and unity,

Akif Manaf

President, International Yoga Federation

ABOUT INTERNATIONAL YOGA FEDERATION



The International Yoga Federation (IYF) is a global non-governmental organization that promotes yoga as both a sport and a holistic approach to physical, mental, and social well-being. Active in more than 200 countries, with members, representatives, and volunteers, the IYF connects practitioners, experts, and institutions through an inclusive worldwide network.

IYF promotes yoga as an international sport by organizing World Yoga Championships and global festivals, supporting the long-term goal of achieving formal recognition of yoga as an Olympic discipline.

Beyond sports, IYF works to integrate yoga into education, community life, and public health through certification programs, retreats, seminars, and awareness campaigns.

- IYF is committed to building a healthier, more conscious, and more connected world—uniting individuals and communities through the transformative power of yoga.

Aligned with the United Nations Sustainable Development Goals, the Federation supports initiatives that promote health, empower women and youth, strengthen peacebuilding, raise environmental awareness, and encourage social inclusion.

GOVERNANCE



JAMES URIU

Vice President

Supports governance, oversight, and the responsible delivery of IYF priorities.



SEMS UZUNESER

Vice President

Contributes to policy decisions, committee coordination, and international engagement.



SHERINA SHAHBAZIAN

Secretary General

Supports ethical standards, transparency, and the effectiveness of IYF programs.



NIDHI TIYYAGURA

Treasurer

Helps strengthen collaboration, long-term planning, and member support systems.

MEMBERS&PARTNERS&SPONSORS&VOLUNTEERS

The International Yoga Federation's global work is made possible through the collective support of its members, partners, sponsors, and volunteers. Together, they form a diverse and collaborative international network that strengthens every program, event, and educational initiative. Their contributions—whether through participation, expertise, financial support, or voluntary service—enable IYF to reach more communities, expand its impact, and continue promoting yoga as a tool for health, unity, and social well-being worldwide.

MEMBERS

IYF brings together individuals, yoga schools, and national organizations under one global community. Membership strengthens diversity, collaboration, and shared values of peace, health, and sustainable living. In 2024, new members from Canada, India, Ecuador, Indonesia, Sri Lanka, and Saint Vincent & the Grenadines expanded the Federation's international presence.

PARTNERS

Partnerships connect IYF with universities, NGOs, local governments, and initiatives aligned with global development priorities. These collaborations enhance yoga's contribution to education, community well-being, intercultural dialogue, and sustainable development. Through strategic partnerships, IYF broadens its impact and strengthens its international engagement.

SPONSORS

Sponsors help make IYF's activities accessible and community-oriented. Their direct support contributes to the Yoga Academy Journal, Global Calls, festivals, and awareness programs—without influencing content or operations. Alongside institutional sponsors, individual supporters also play a valuable role in sustaining IYF's mission.

VOLUNTEERS

Volunteers form the backbone of IYF's global work. They assist in coordinating events, mobilizing participants, supporting educational programs, and spreading awareness across communities. Through their dedication, IYF is able to maintain inclusive, nonprofit, and internationally connected activities that reach thousands of people each year.

During 2024, IYF strengthened its international collaboration network, working with dozens of partner institutions and engaging a broad base of volunteers and project supporters worldwide.

10TH WORLD YOGA CHAMPIONSHIP 2024

In 2024, the International Yoga Federation organized the World Yoga Championship as a fully volunteer-driven global event, enabling participation from 200 countries through accessible video submissions. This approach ensured equal opportunity for individuals of all ages, abilities, and cultural backgrounds, supporting inclusion and global community building.

- Participation occurred in two ways: direct individual submissions and international invitations coordinated by IYF volunteers.
- The online format created equal opportunity for everyone, regardless of age, gender, income level, language, or location.
- The entire event was conducted on a voluntary basis and remained completely free of charge.
- The championship strengthened IYF's worldwide network and deepened engagement with local communities.
- The competition featured eight categories, allowing diverse interpretations of yoga and encouraging creativity and cultural expression.
- A total of 997 participants competed in 2024.
- Combined with online engagement and social media visibility, the event reached an audience of more than 100,000 people.
- The championship contributed significantly to global awareness of yoga and promoted international unity, participation, and well-being.

Indicator	2024 Outcome
Countries Represented	200
Total Participants	997
Global Reach (Estimated)	100,000+ viewers
Participation Model	Open participation through video submissions and volunteer engagement
Financial Model	Non-profit, fully volunteer-based model
Key Impact	Promoting global accessibility, unity, and cultural diversity

YOGA & AWARENESS FESTIVALS

The Yoga Awareness Festival is one of IYF's key outreach programs, held online every month and welcoming participants from all around the world.

Each festival includes a seminar delivered by IYF experts. These sessions encourage participants to explore how yoga supports personal well-being and contributes to global awareness in line with internationally recognized development priorities.

The festivals are organized by festivalbudur.org, while IYF supports the initiative through its global network, mobilizing participants, inviting speakers, and offering voluntary contributions. Through this collaboration, the program raises awareness, builds community engagement, and helps bring yoga values to a wider international audience.

2024 Annual Impact Overview

Indicator	2024 Results	Notes
Number of Festivals	12	Online and physical participation
Total Participants	≈ 4,000	Global reach; open and inclusive participation
Participation Methods	Open physical and online access	Participation open regardless of age, gender, income, or location
Organizing Structure	FestivalBudur + IYF	IYF contributes through network support and voluntary seminars
IYF Role	Global outreach, seminar delivery, community engagement	No operational or financial responsibility



Festival Date	Themes / Main Impact Area	Key Activities	Purpose
Jan 27-28	Health, Mental Well-Being & Self-Care	Yoga, breathwork, stress reduction	• To support physical and mental well-being
Feb 24-25	Peace, Social Harmony & Inner Stability	Mindfulness, dialogue, awareness talks	• To foster peace and social cohesion
Mar 23-24	Water, Life & Environmental Awareness	Nature-based yoga, environmental seminars	• To raise awareness of water, life, and ecosystems
Apr 10-12	Yoga as Sport, Ethics & Peace	Sport yoga sessions, ethics talks	• To promote ethical sport and peaceful competition
May 18-19	Nature, Biodiversity & Sustainable Living	Sustainable lifestyle workshops, yoga	• To encourage harmony with nature
Jun 16-19	Oceans, Climate & Environmental Responsibility	Environmental ethics, ecosystem sessions	• To strengthen environmental and ecosystem awareness
Jul 26-27	Health, Addiction Awareness & Recovery	Trauma-informed yoga, recovery sessions	• To support addiction prevention and recovery
Aug 28-29	Inclusion, Disability & Equal Access	Adaptive yoga, inclusion seminars	• To advance accessibility and inclusion
Sep 28-29	Non-Violence, Compassion & Ethics	Non-violent communication, ethics	• To promote non-violence and ethical awareness
Oct 26-27	Sustainable Habitat & Human Settlements	Sustainable habitat talks, awareness	• To link well-being with sustainable habitats
Nov 23-24	Education, Equity & Lifelong Learning	Education access, learning equity	• To promote inclusive and lifelong learning
Dec 21-22	Human Rights, Equality & Dignity	Human rights & equality seminars	• To advance human rights and equality



INTERNATIONAL YOGA EXPERT CERTIFICATE

The International Yoga Expert Certificate (IYEC) program continues to grow as an accessible international certification for individuals seeking a new professional path and a meaningful way to contribute to their communities. In 2024, participants from eleven countries completed the program, further expanding IYF's global educational network.

The IYEC program is fee-based, but payments are made directly to the independent company that organizes the training. IYF does not receive or manage any course fees. IYF contributes only through educational oversight and voluntary support, ensuring the program remains accessible and aligned with non-profit principles.

- Participants from eleven countries completed the IYEC program in 2024.
- Twenty-three percent of participants are aged fifty and above, reflecting strong interest in second-career opportunities.
- Seventy-six percent of all graduates are women, many returning to social and professional life.
- As an accessible sixteen-hour certification, IYEC helps individuals gain new skills and contribute to their communities.

Country	Participants
Türkiye	155
Sierra Leone, Seychelles, Ivory Coast	43
Pakistan	29
Azerbaijan, Uzbekistan	13
Chile, Argentina, USA	9
France	1



YOGA ACADEMY JOURNAL

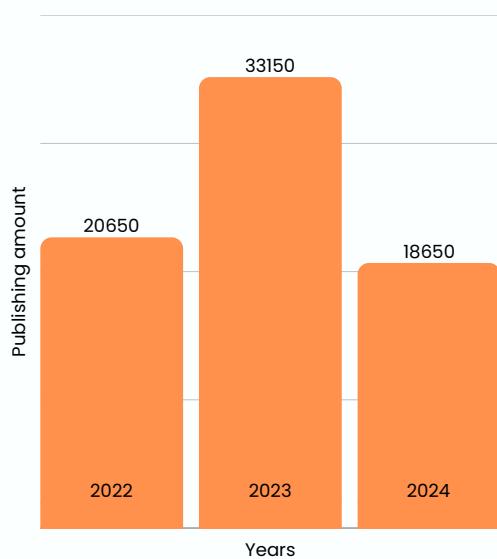
The Yoga Academy Journal, coordinated by the International Yoga Federation (IYF), continued its quarterly publication throughout 2024. Printing and distribution are largely supported by sponsors, who are acknowledged by name in each issue. Most copies are distributed free of charge to universities, libraries, and yoga institutions to expand the Journal's educational reach, while yoga enthusiasts may purchase copies to support ongoing publication.

The printing company also serves as a sponsor and may independently sell a limited number of copies; this activity is fully separate from IYF's operations and finances.

2024 Annual Publication Summary		
ISSUE 49 (Jan-Feb-Mar)	Published in March	Printed 5000 pcs
ISSUE 50 (Apr-May-Jun)	Published in April	Printed 5250 pcs
ISSUE 51 (Jul-Aug-Sep)	Published in July	Printed 4300 pcs
ISSUE 52 (Oct-Nov-Dec)	Published in October	Printed 4000 pcs



Published in Turkish, the Journal serves as an educational and cultural platform, sharing yoga philosophy, health, mindfulness, and holistic living through contributions from practitioners, researchers, and IYF experts.



Between 2022 and 2024, the total number of Yoga Academy Journal printed copies varied according to sponsorship availability and project priorities.

In 2022, a total of 20,650 copies were printed; in 2023, production increased to 33,150 copies thanks to expanded sponsorships and growing reader demand.

In 2024, the total number decreased to 18,650, as part of the sponsorship network shifted its focus to support the newly launched International Peace Project (IPP).

Despite fluctuations, the Journal continued to reach tens of thousands of readers annually, promoting yoga awareness and education worldwide.

FINANCIAL OVERVIEW & RESOURCE STRUCTURE

The International Yoga Federation (IYF) operates through a transparent, community-supported financial model that reflects its mission as a global non-profit organization. As an international federation grounded in volunteerism, IYF's activities are sustained primarily through direct project-based sponsorships and voluntary contributions, rather than through commercial revenue or mandatory membership fees.

IYF does not collect membership dues from its international members. In Türkiye, a symbolic annual fee of 500 TL is collected solely to maintain the administrative registration of the Federation at the national level. This amount represents the only direct income recorded in IYF's accounts during the reporting year.

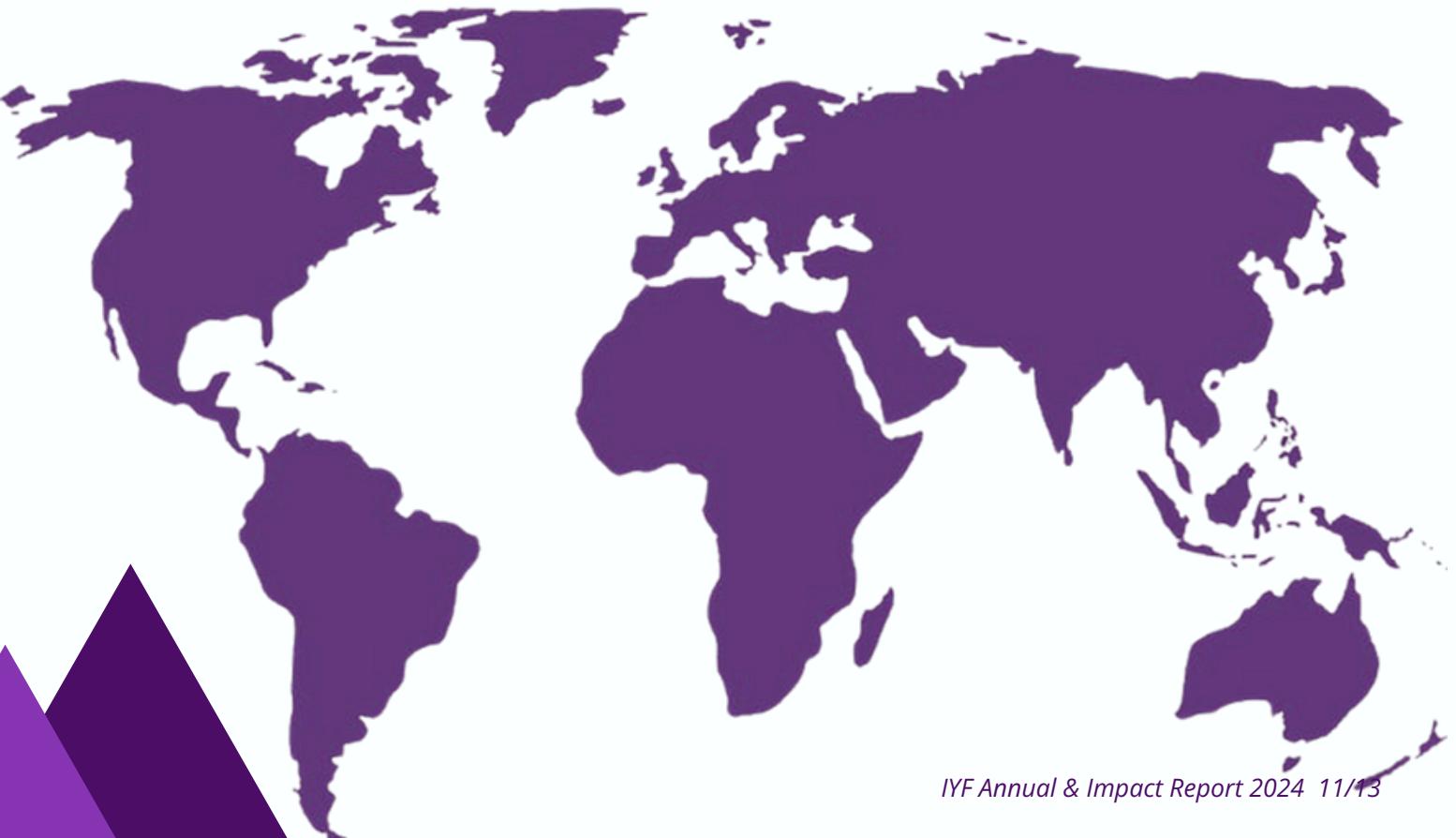
A defining characteristic of IYF's financial structure is that project sponsors make payments directly to suppliers or service providers. These funds do not enter IYF bank accounts, ensuring that all sponsored activities are carried out with full transparency and without any financial conflict of interest. This approach also aligns with international good practices for non-profit governance, emphasizing accountability and safeguarding against financial misuse.

Because most operations are volunteer-driven, IYF does not incur significant administrative or personnel expenses. Volunteers occasionally receive small payments to cover practical needs for specific tasks, but such support remains minimal and fully documented. This financial model allows IYF to maintain independence, ensure integrity, and direct all available resources to educational, social, and awareness-based initiatives. As the Federation expands its activities and aligns more closely with the United Nations Sustainable Development Goals, the commitment to transparent, ethical, and community-centered financial practices remains central to its identity.



GLOBAL IMPACT

- The International Yoga Federation (IYF) continues to expand its global footprint, reaching individuals, communities, and institutions across continents through yoga, education, and peace-oriented initiatives.
- In 2024, IYF engaged over 100,000 people worldwide through programs such as the International Yoga Expert Certification (IYEC), Yoga & Awareness Festivals, and the World Yoga Championship. These initiatives connected yoga practitioners from more than 200 countries, promoting the values of unity, health, and mutual understanding.
- Through partnerships with NGOs, educational institutions, and local organizations, IYF contributes to the United Nations Sustainable Development Goals (SDGs), particularly SDG 3 (Good Health and Well-Being), SDG 5 (Gender Equality), SDG 16 (Peace, Justice, and Strong Institutions), and SDG 17 (Partnerships for the Goals).
- The Federation's inclusive and volunteer-driven model ensures accessibility for all, regardless of background or nationality. By combining yoga education with community engagement, IYF creates measurable impact—improving physical and mental well-being, fostering intercultural dialogue, and nurturing a global movement for peace and transformation.
- Looking forward, IYF aims to strengthen its data-driven reporting mechanisms and expand regional collaboration networks, enabling deeper alignment with the ECOSOC framework and the UN 2030 Agenda for Sustainable Development.



CONCLUSION

In 2024, the International Yoga Federation continued to strengthen its role as a global, inclusive, and volunteer-driven movement. Through widespread educational programs, international championships, global calls, monthly awareness festivals, and the expansion of the IYF network across multiple regions, the Federation reached thousands of individuals and deepened its presence in more than 200 countries.

All activities—whether awareness initiatives, expert training, publications, or community events—were carried out through transparent governance, volunteer contribution, and the support of sponsors who share IYF's values. This collaborative model enabled the organization to grow sustainably while remaining accessible to all.

Throughout the year, IYF advanced its mission to promote yoga as a tool for sport, health, peacebuilding, education, empowerment, and social transformation. Working in alignment with the United Nations Sustainable Development Goals, the Federation expanded opportunities for youth, women, seniors, and diverse communities to participate meaningfully in global initiatives.

As IYF prepares for the coming years, including its ECOSOC consultative status review, the Federation remains committed to integrity, inclusiveness, and international cooperation. The achievements of 2024 reflect the collective dedication of members, partners, sponsors, and volunteers—demonstrating that yoga continues to unite people across borders and inspire positive change worldwide.



FUTURE OUTLOOK

In 2025, the International Yoga Federation will continue expanding its global activities with a strong focus on inclusion, accessibility, and international cooperation. Building on its educational mission, the Federation aims to further strengthen its training programs, widen participation in yoga as a sport, and increase its contribution to public health, peace, and community well-being.

Alongside its educational initiatives, IYF will continue supporting thematic Yoga & Awareness Festivals organized in collaboration with partner platforms, contributing free seminars, expert speakers, and global network access to promote health, environmental awareness, social inclusion, and ethical living.

The World Yoga Championship will remain a key pillar of IYF's activities, promoting yoga as an ethical and unifying sport while fostering international participation, youth engagement, and intercultural dialogue.

In 2025, the Healthy Living Village project in Turkey, Tekirdag will become operational, serving as a long-term space for holistic well-being, education, and sustainable living practices. This initiative reflects IYF's commitment to creating lasting, place-based impact beyond events and trainings.

At the same time, the International Peace Project will be further activated as a platform for peace education, ethical dialogue, and cross-cultural understanding, reinforcing yoga's role as a tool for non-violence and global harmony.

Through its integrated approach—combining education, sport, festivals, and long-term social projects—IYF will continue promoting yoga as a universal instrument for personal transformation, social responsibility, and international cooperation.

