



INTERNATIONAL DAY OF YOGA

June 21st



"Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about, exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day."

Prime Minister of India Shri Narendra Modi at the United Nations General Assembly Session in September 2014

On December 11, 2014, the 193 member UNGA approved the proposal by consensus with a record 177 co-sponsoring countries a resolution to establish 21st June as "**International Day of Yoga**".

It recognised that Yoga provides a holistic approach to health and well-being and that wider the dissemination of information about benefits of practising Yoga would be beneficial for the health of the world population.

Contact

High Commission of India
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High Commission of India Nicosia, Cyprus cordially invites you to observe the First International Day of Yoga

Programme

• 1000 hrs - 1005 hrs:

Introduction by Shri Ravi Bangar, High Commissioner of India to Cyprus

• 1005 hrs - 1040 hrs:

Begins with a Prayer, in any Meditative Posture with Namaskara Mudra and ends with Dhyana/Meditation in Jnana Mudra/Yoga Mudra with eyes closed in Shambhavi Mudra. [Instructional video will be screened]

Venue

Pallouritissa Lyceum,
Christaki Christofide Street,
Pallouritissa, Nicosia

