Alþjóðlegur dagur Yoga
Við höldum upp á daginn með yogaiðkun og hugleiðslu
Sunnudaginn 19. júní 2016 kl. 11:00 - 13:00
Við Hörpu

Ókeypis aðgangur

Allir velkominir

Takið með teppi eða yogamottu

International Day of Yoga
21 June

Yoga for Harmony & Peace
CELEBRATION OF 2nd INTERNATIONAL DAY OF YOGA

BY EMBASSY OF INDIA, REYKJAVIK.

As last year, this year also the Embassy of India in Reykjavik is happy to announce that it will be celebrating the 2nd “International Day of Yoga” (IDY) on Sunday, the 19th June 2016 from 11.00 a.m. to 1.00 p.m. at outside premises of Harpa Conference Centre, Reykjavik.

The IDY universally acclaimed tag-line is - ‘Yoga for Harmony & Peace’.

2. As during last year, this year also a Yoga Guru/Expert from India is expected to join us in celebrating the 2nd IDY on 19th June 2016 at Harpa. Apart from giving a brief lesson on Yoga, he would also be performing various ‘Yoga Asanas’ on the stage.

3. All are welcome to participate in celebrating the Second International Day of Yoga at Harpa on Sunday the 19th June 2016 beginning at 11.00 a.m.

Note: All participants are requested to bring their Yoga mats.

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