Alþjóðlegur dagur
ternational day of
Yoga

Við höldum upp á daginn með yogaiðkun og hugleiðslu
Midvikudaginn 21. Júní 2017 Kl. 17:00 - 19:00
Tjarnarsalnum, Ráðhúsi Reykjavíkur

Ókeypis aðgangur

Allir velkominir

International Day of Yoga
21 June

Yoga for Harmony & Peace

Yoga embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being.
Embassy of India in Reykjavik (ICELAND) celebrates the Third International Day of Yoga IDY - 2017 on Wednesday, the 21st June 2017 from 1700 hrs - 1900 hrs at Tjarnarsalur Ráðhúss Reykjavíkur (Venue : Reykjavik City Hall).

All are cordially invited to join the global celebration.

All are also requested to bring their own Yoga Mats.

Note: A Yoga Teacher from India will conduct the "Yoga Session".
Embassy of India
Reykjavik (Iceland)

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3rd International Day of Yoga - 2017

21st June 2017 - 1700-1900 hrs.

Programme

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<tr>
<th>Sl. No.</th>
<th>Timing of the Session</th>
<th>Yoga Session</th>
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<tbody>
<tr>
<td>1</td>
<td>1700 - 1800 hrs.</td>
<td>Intro + breathing + Asanas</td>
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<tr>
<td>2</td>
<td>1800 - 1815 hrs.</td>
<td>Spiral Meditation</td>
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<tr>
<td>3</td>
<td>1815 - 1830 hrs.</td>
<td>Breathing + Meditation</td>
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<tr>
<td>4</td>
<td>1830 - 1845 hrs.</td>
<td>Family Yoga</td>
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<td>4</td>
<td>1845 - 1900 hrs.</td>
<td>Mantra singing</td>
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