



BRUSSELS YOGA DAY



21.06 : First International Day of Yoga

Brussels Yoga Day 2015@Bois de la Cambre
La plus grande session de yoga en plein air de Belgique

In a Resolution piloted by India and co-sponsored by 177 Member States of the United Nations, including most Member States of the European Union , the United Nations General Assembly designated 21st June as the International Day of Yoga.

A specially important event will be the Brussels Yoga Day , a giant open air yoga session in the Bois de la Cambre , free of cost , accessible to all, initiated or not . The session moderated by Sreemati will be the central event of the Capital of Europe.

21st of June : first International Day of Yoga

Brussels Yoga Day 2015

Sunday, June 21, in the Bois de la Cambre, Brussels hosts its second giant open air yoga session led by Sreemati . The Brussels Yoga Day , attended by over 3,000 participants in the first edition in 2012 is open to all those, initiated or not , who aim to (re) discover the benefits of yoga and the activities which lead to a better and balanced well -being.
(<https://www.youtube.com/watch?v=sFkcv1wEDWg>),

Rain or shine, everything is planned for a perfect pleasant morning. 2,000 welcome pack co-sponsored by Sarah Pacini ,Exki , Aspria , Delhaize, Tao. Suggested dress code: white

The giant session will start with the set of common Yoga postures proposed to be practiced all across the world by Yoga enthusiasts and will be followed by short encounters (themed mini-sessions (yoga & children , seniors, stress, back pain, pregnant women) offered by yoga teachers , Yoga & Energy proposed by Aspria ,Biovie) , massages , tasting, etc. Special rates for visitors who wish to spend a zen-day in Brussels will be offered by the Hotel Chatelain. A "well-being" Passport (Breathe, Move, Shine) edited by Spirit Yoga Magazine and showing the different postures and useful addresses in and around Brussels will be distributed.

The Brussels Yoga Day, with the support of the Brussels- Capital Region, the COCOF and the City of Brussels celebrates the first International Day of Yoga and hoists the Capital of Europe to the level of "Ambassador of well-being"

The Brussels Yoga Day is organized by Coordination Committee led by the Vidonne association and the Embassy of India with the support of the yoga federations, volunteers, teachers, and of public and private partners who promote the values of "well- being".

Brussels Yoga Day : « Any Body, Anywhere, Anytime, Any Day ! »
« We knew people were looking for this second edition of the Brussels Yoga Day!

1. *Yoga has become a social phenomenon, increasingly practiced in the world of business, entertainment and hospitals. Yoga as a tool contribution to well-being.*
2. *This incredible joint participation momentum is also an invitation to a personal awareness for a better self-balance throughout the year*

3. *The resolution of the first International Day of Yoga by the United Nations shows that there was a real desire to come together, to learn , to practice, and deepen around this multifaceted education»*,

The Brussels Yoga day is also an opportunity to emphasize that we are all connected to each other and taking care of yourself means also being environmental friendly. After the giant session, each will carry a seed (hope!) to plant (Graines de Vie) and a red band symbolizing the connection which will be offered by Sarah Pacini .

Finally, the Brussels Yoga Day is as an initiative under the sign of generosity. A limited edition yogi Smurf t-shirt signed Peyowill be sold by 10 euros and the benefit of the sale will revert to the association Amis de Bordet.

Be the architect of your well-being !
Information (and free registration required)
www.brusselsyogaday.eu

email : contact@brusselsyogaday.be

PROGRAMME : www.brusselsyogasunday.eu

Date : Dimanche 21 juin 2015

Venue : Bois de la Cambre - Pelouse des anglais

9H00 : Arrival of volunteers & Yoga teachers

10H00 : Arrival of participants

Accueil – Bois de la Cambre - Welcome pack courtesy on presentation of the voucher entry

10H30-12H00:Giant yoga session animated by Sreematiand monitored by yoga teachers

12H00 :Themed yoga workshops (yoga & kids, seniors, backpain relief, pregnant, stress, yoga &energy by Aspria

Meetings with teachers, seated massages, food tasting....



The Vidonne association created in 2012 is the result of a common will to disseminate and propagate the benefits of yoga and the activities dedicated to well -being: Move, Breathe, and Shine.