

Press Release

Celebrations of the First International Day of Yoga in Belgium and Luxembourg

On June 21, 2015, the Embassy of India in Brussels in association with the Belgian NGO Vidonne, prominent Yoga Federations of Belgium and Luxembourg, Antwerp Indian Association, University of Ghent and Radhadesh will celebrate the First International Day of Yoga in Brussels, Antwerp, Ghent, Ardennes and Luxembourg City. The celebrations will be part of the global commemoration efforts of the First International Day of Yoga pioneered by India.

2. You are aware that on 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 adopted a Resolution on December 2014 designating 21st June as the International Day of Yoga. This was designated to coincide with the important summer solstice on June 21. From the perspective of yoga, the Summer Solstice, marking the transition of the sun to the south on the celestial sphere, is considered to provide natural support for those pursuing spiritual practices. In the yogic lore, the first transmission of yoga by Shiva, the pioneering Yoga Guru, is said to have begun on this day.

3. As part of the commemoration of the first International Day of Yoga on June 21, 2015, a series of Yoga related events will be undertaken in Belgium and Luxembourg under the initiative of the Embassy of India in Brussels. You may please recall that the celebrations commenced with an extremely high profiled curtain raiser on April 21, 2015 with the internationally renowned Yoga exponent from India and the pioneer of the “Art of Living”--Gurudev Sri Sri Ravishankar --speaking on Yoga and guiding a Meditation and Question and Answer session at the European Parliament in Brussels.

4. The Embassy of India in Brussels has taken the initiative to co-host a consolidated Yoga session along with all prominent Yoga institutions and federations across Belgium under a single umbrella in Brussels for the celebrations of the International Day of Yoga on June 21, 2015 at the Bois de la Cambre. The session scheduled to be held between 10:30-11:30 AM will comprise of a Yoga demonstration by Ms. Shrimati, Yoga expert, to be followed by a lecture on the origin and importance of Yoga and six specific mini Yoga sessions emphasizing the different aspects of Yoga. The programme will begin with a meditative posture with *Namaskara mudra* and end with *Dhyana/Meditation in Jnana mudra/Yoga mudra* with eyes closed for 6 minutes. This will be in line with the globally common Yogic pose for the

International Day of Yoga. The Yoga session in Brussels is expected to see participation of about 3000-odd Yoga enthusiasts besides several Yoga trainers representing the different Yoga Federations of Belgium. Similar Yoga related events comprising of lectures, seminars and practice sessions will be organized at other important cities of Belgium like the Indian diaspora dominated city of Antwerp, the University town of Ghent, Radhadesh at the Belgian Ardennes as also at the Luxembourg City in Luxembourg. The Embassy of India in Brussels invites all Yoga enthusiasts of Belgium and Luxembourg to participate in the celebrations of the First International Day of Yoga in large numbers. For more information on the scheduled events, please, visit our website www.indembassy.be

5. In this context, the Embassy invites all journalists from the print and electronic media of Belgium, Luxembourg and the European Union to participate in the first **Press Conference** for the event scheduled to be held at 11:30 AM on Wednesday, May 27, 2015 at the Embassy of India, 217 Chaussée de Vleurgat, 1050 Brussels. Ambassador of India to Belgium, Luxembourg and the European Union, H.E. Mr. Manjeev Singh Puri, will address the Press Conference followed by short presentations by Ms. Bernadette and Mr. Mark from the Belgian NGO, Vidonne and other Yoga experts.
