



Embassy of India
Brussels

PRESS RELEASE

**3rd International Day of Yoga celebrations in Belgium,
Luxembourg and the European Parliament**

The 3rd International Day of Yoga was celebrated with great fervor at the picturesque Bois de la Cambre in Brussels on 18 June 2017. The event was attended by more than 3500 yoga enthusiasts representing all sections of society and age groups.

2. The large public yoga session in Brussels began with Prime Minister's message, preceded by welcome remarks by CDA, Shri Rakesh K. Arora.

3. The event comprised of a Yoga demonstration by Ms. Nathalie Geetha Barbouraj, a French yoga expert of Indian origin, followed by a relaxation session in three languages (English, French and Dutch). Renowned Yoga expert from India, Ms. Hitanshi Jain led the relaxation session. A part of the venue was transformed into a Wellness Village & Yoga Kids Village. Later, participants had the opportunity to attend special thematic yoga workshops.

4. The programme began with a meditative posture with Namaskara mudra and ended with Dhyana/Meditation in Jnana mudra/Yoga mudra, as is globally practiced on the International Day of Yoga.

5. The Embassy organized the event in partnership with a Belgian NGO Vidonne, along with many prominent Yoga Institutions and Federations across Belgium

6. The Embassy simultaneously coordinated organization of Yoga celebrations in Luxembourg as well as in different parts of Belgium, Antwerp, Enghien, Ghent, Kortrijk, Leuven, Liège, Mons, , Radhadesh (Durbuy), Torhout.

7. As in the past, the 3rd International Day of Yoga Day was also celebrated at the European Parliament on 21 June 2017, which was attended by a number of MEPs, including Mr. Geoffrey Van Orden, Ms. Neena Gill and Mr. Alojz Peterle, as well as officials of the European Parliament. The Yoga session was led by Mr. Sameer Khan and Ms. Hitanshi Jain.

8. The Embassy has also scheduled a Workshop 'Ratanjali Yoga Sutras' by Ms. Shantala Sriramaiah on 22 June 2017 at the Embassy Auditorium, which would be concluded with Shanti Mantras.

21 June 2017