Celebrations of the International Day of Yoga (IYD) 2015 & 2016

“Undisturbed calmness of mind is attained by cultivating friendliness toward the happy, compassion for the unhappy, delight in the virtuous, and indifference toward the wicked.”
— Patanjali, Yoga Sutras
Yoga is a 5,000-year-old physical, mental and spiritual practice Having its origin in India, Which Aims to transform both body and mind.

21st June was designated the International Day of Yoga by the United Nations General Assembly in December 2014.

The resolution was piloted by India and co-sponsored by a record of 177 Member-States of the UN, including Belgium and Luxembourg.

A number of Yoga federations, teachers and yoga enthusiasts came together to organize the celebrations of the International Day of Yoga in 2015 and 2016, hosting several events across Belgium and Luxembourg as well as in the European institutions, Brussels.
IYD 2016
Celebrations at the European Institutions

• European Parliament
  – Inaugurated by Art of Living founder Sri Sri Ravi Shankar Yoga session was conducted by Mr. Sameer Khan and Mr. Feroze Khan of the European Yoga Institute

• European Council & Commission
  – Yoga Session organized by European Commission’s Yoga Club.
  – Inaugurated by EC Vice President Ms. Kristalina Georgieva
  – To be led by Director General Education & Culture of European Commission, Ms. Martine Reicherts
  – June 21, 2016; 17:30-18:30hrs;
European Parliament 2016
HE Mr. Manjeev Singh Puri, Ambassador of India to Belgium, Luxembourg and the EU, European Council Vice President Ms. Kristalina Georgieva, Martine Reicherts and European Commission’s yoga enthusiasts.
IYD Celebrations in Belgium

Cities in Belgium:
- Brussels
- Antwerp
- Enghien
- Ghent
- Gembloux
- Liège
- Durbuy
- Kortrijk
- Leuven
- Liège

BELGIUM
City: Brussels
Event: Brussels Yoga Day 2015
Location: Bois de la Cambre
Time: June 21, 2016; 10:00 – 12:30 hrs
Organizer: ASBL Vidonne
IYD Celebrations in Belgium - Brussels

City: Brussels
Event: Brussels Yoga Day 2016
Location: Bois de la Cambre
Time: June 19, 2016; 10:00 – 12:30 hrs
Organizer: ASBL Vidonne
City: Antwerp
Event: Antwerp Yoga Day 2015
Location: Craevbeckxtunnel, Middelheimlaan, 2061 Wilrijk
Time: June 21, 2015; 08:00 – 11:30 hrs
Organizer: Antwerp Indian Association
City: Antwerp
Event: Antwerp Yoga Day 2016
Location: Craevbeckxtunnel, Middelheimlaan, 2061 Wilrijk
Time: June 19, 2016; 08:00 – 11:30 hrs
Organizer: Antwerp Indian Association
IYD Celebrations in Belgium - Enghien

City: Enghien

Event: Enghien Yoga Day 2015

Location: Parc d’Enghien,

Time: June 21, 2015; 10:30 – 12:00 hrs

Organizer: Asbl L’Ecole,
City: Enghien
Event: Enghien Yoga Day 2016
Location: Parc d’Enghien, Salle des Acacias
Time: June 19, 2016; 10:30 – 12:00 hrs
Organizer: Asbl L’Ecole, City of Enghien
City: Ghent

Event: Yoga@TheOffice 2016
(Yoga session + Philosophy of Yoga)

Location: Dept. of Languages & Cultures, University of Ghent

Time: June 21, 2016; 12:00-14:30 hrs

Organizer: University of Ghent
City: Leuven
Event: Leuven Yoga Day 2016
Location: University Sports Center,
Tervuursevest 101, De Nayer
Time: June 15, 2016; 19:00-20:00 hrs
Organizer: Katholic University of Leuven
City: Durbuy
Event: Radhadesh Yoga Days 2016
Location: Château de Petite Somme,
Petite Somme 5, 6940 Septon, Durbuy
June 19, 2016- Plenary session at Radhadesh,
June 20, 2016- Session in a primary school and seniors’ home.
June 21, 2016. Appreciation gathering for teachers
Organizer: Radhadesh
City: Liège
Event: Liège Yoga Day 2016
Location: Parc du château de Colonster, allée des Erables, 4000 Liège
Time: June 19, 2016; 9:45-11:00
Organizer: Qi-Yoga
City: Kortrijk

Event: Yoga Kortijk 2015

Location: Beginhofpark, 8500 Kortrijk

Time: June 21, 2015; 15:30 hrs

Organizer: vzw Sportplus and the City of Kortrijk
IYD Celebrations in Belgium - Kortrijk

City: Kortrijk

Event: Yoga Kortrijk 2016

Location: Houtmarkt 5, 8500 Kortrijk

Time: June 19, 2016; 15:30 – 19:30 hrs

Organizer: vzw Sportplus and the City of Kortrijk
City: Gembloux

Event: Yoga Day Gembloux 2016

Location: Clos de l’Orneau, 5030 Gembloux.

Time: June 19, 2016.
08:00 – 17:30 hrs

Organizer: Gembloux Cultural Center
International Day of Yoga Luxembourg 2015
Location: D’Coque sport and cultural Center
(next to the lake)
2 Rue Léon Hengen,
2167, Luxembourg
Time: June 21, 2015. 9:00 – 13:00 hrs
Organizer: Federation Nationale des écoles luxembourgeoises de Yoga
IYD Celebrations in Luxembourg

International Day of Yoga Luxembourg 2016
Location: Lycée Michel Rodange, 30 Boulevard Pierre Dupong, L1430, Luxembourg
Time: June 26, 2016. 9:00 – 13:45 hrs
Organizer: Indian Association Luxembourg