



**Embassy of India  
Brussels  
PRESS RELEASE**

**Celebration of International Day of Yoga**

The global community's commitment to adopt a holistic approach to health and well-being is enshrined in the United Nation General Assembly's Resolution No 69/131 designating 21 June as International Day of Yoga. Every year since 2015, India, Belgium, and the European Union jointly organize events in Brussels to celebrate International Day of Yoga. In this regard, the Embassy of India, Brussels, on 21 June 2018 in partnership with the European Parliament and the Art of Living Foundation, and on 24 June 2018 in collaboration with the Ministry of Housing, Environment, and Energy of the Brussels Capital Region Government, the City of Brussels and Vidonne Asbl will organize events on yoga, wellness and harmony of body and mind.

At the European Parliament a special yoga session will be held on 21 June 2018 from 1200-1330 hrs at the Yehudi Menuhin Space. The event will be graced by His Excellency Mr. Antonio Tajani, President of the European Parliament, and Smt. Sushma Swaraj, the Hon'ble External Affairs Minister of India. The yoga and meditation session will be led by renowned Indian spiritual leader and Yoga Guru, Sri Sri Ravi Shankar. Members of European Parliament, officials from the European Commission and European External Action Service and other dignitaries are expected to participate in the event.

This year, the celebration of International Day of Yoga will coincide with the 70<sup>th</sup> year of our special friendship with Belgium. Belgian cities of Brussels, Antwerp, Leuven, Durbuy, Mons and Enghien are preparing to celebrate the International Day of Yoga.

The Embassy of India, Brussels, in association with the Ministry of Housing, Environment, and Energy of the Brussels Capital Region Government, the City of

Brussels, Vidonne Asbl and the Art of Living Foundation will organize the 'Brussels Yoga Day' at the Bois de la Cambre on 24 June 2018 to celebrate International Day of Yoga.

All friends of yoga are cordially invited to Brussels Yoga Day on 24 June. Participants are requested to choose yoga friendly attire, preferably white, (symbolizing purity) and reach the Bois de la Cambre by 10.00 am. The yoga session will be organized in two parts – of which the first session will commence by 10.30 am.

As many parts of the Francophone world celebrate the *Fête de la Musique* on 21 June, this year, participants will have the opportunity to enjoy a classical music performance between two sessions of yoga. Celebrated Indian Violinist, Mr. Ambi Subramaniam, accompanied by a highly acclaimed classical music troupe from India, will be performing on the occasion. Following the completion of the second session of yoga, all participants will be invited to explore the health and wellness village at the Bois.

In preparation for International Day of Yoga, the Embassy of India, Brussels has prepared an exclusive set of videos demonstrating useful 'asanas' or yoga routines from the Common Yoga Protocol which are being released by us every week. Each video is accompanied by step-by-step instructions on how to do the asana and the specific benefits of doing these routines. The videos are available on the Embassy official Facebook page: India in Belgium (Embassy of India, Brussels) <https://www.facebook.com/IndEmbassyBru/>.

We invite one and all to come forward and join this global effort to adopt healthier lifestyle choices.

*5 June 2018*  
*Brussels*

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