



## YOGA FOR HARMONY & PEACE

We are pleased to announce that following up on India's highly successful programme to celebrate the '**International Day of Yoga**' worldwide in June 2015 which was also celebrated in Oslo, Norway with 1500 participants, we are happy to host a similar yoga festival this year in true spirit of international cooperation.

The Embassy of India has the pleasure of inviting all our friends in Norway to a Yoga programme on **24 June 2016**. This is an event for all ages – beginners and advanced.

Yoga is India's gift to the world and this is a perfect exercise for health, well-being, and making a lifestyle choice. This programme will give us an opportunity to practice yoga and learn how to focus and create harmony and peace in our lives.

### **Practical information**

Norwegian School of Sport Sciences (Norges Idrettshøgskole, NIH), Sognsveien 220

Free admission

The doors open at 15:30. The programme starts at 16:00 and the event ends at 18:00.

Please wear convenient clothing. Bring your own yoga mat or a large towel and a bottle of water. Juices will be provided. Indian vegetarian snacks would also be available.

Take metro no. 5 to Sognsvann. Parking facilities are also available.

Welcome to an inspiring and joyful Yoga Day.

Looking forward to meeting you at the largest Yoga Festival in Norway!

With warm regards,

Air Chief Marshal (Retd) NAK Browne

Ambassador of India to Norway

[International Day of Yoga in Norway](http://www.indemb.no) or [India in Norway](http://www.indemb.no)  
[www.indemb.no](http://www.indemb.no)  
[www.idayofyoga.org](http://www.idayofyoga.org)