

INTERNATIONAL DAY OF YOGA

COUNTDOWN BEGINS.....NOW **CELEBRATION OF 3RD INTERNATIONAL DAY OF YOGA** **BY EMBASSY OF INDIA IN NORWAY** **24TH JUNE, 2017**

The Embassy of India extends a hearty welcome to each one of you to participate along with your friends and families in the celebrations of the 3rd INTERNATIONAL DAY OF YOGA 2017 as per the details given below:

- **Event:** International Day of Yoga 2017
- **Venue:** Norges Idrettshøgskole (NIH), Sognsveien 220, Oslo
- **Date:** Saturday, 24th June 2017
- **Time:** 10.00am to 1.00pm (The doors open at 9.00 am)
- **Free Admission**
- This is an event for all ages – beginners and advanced / a family event.

Highlights of the programme:

- i) Chief Guest: H.E. Mr. Himanshu Gulati, State Secretary in the Office of the Prime Minister of Norway
- ii) Lecture on “Living Yoga, Living from the Heart” by Ms. Shobana, who is currently on a visit to Norway.
- iii) Lecture on “How Yoga and Breathing Affect Our Immune System” by Dr. Fahri Saatcioglu, Art of Living;
- iv) Mantra Music by Mr. Anand Raj and group of Kundalini Yoga;
- v) Indian dance recital by students of Indian Rhythms of Ms. Richa Chandra.

Kindly note:

- Please wear convenient clothing. Bring your own yoga mat or a large towel.
- Water and juices will be provided by the Embassy of India.
- Indian vegetarian snacks would also be available on a payment basis.
- Parking facilities are available.
- To reach NIH, take metro No.5 to Sognsvann. The venue is located just opposite to the metro station.
- **Parking** facilities are also available.

Yoga, which is an invaluable gift of ancient Indian tradition, is not just about exercise but to discover the sense of oneness with ourselves, the world and the nature. This programme will give us an opportunity to practice yoga and learn how to focus and create harmony and peace in our lives.

ALL ARE WELCOME TO AN INSPIRING AND JOYFUL YOGA DAY!!

Kindly forward/share this information to all your friends and relatives.
