



YOGA FOR HARMONY & PEACE

The Embassy of India in collaboration with Yoga schools/studios in Norway is pleased to announce that it will be hosting the **3rd International Day of Yoga (IDY)** in Oslo on **Saturday, the 24th June 2017** at the Norwegian School of Sport Science in true spirit of international cooperation. You may recall that for the last two consecutive years we have been celebrating June 21 as the '**International Day of Yoga**' in Norway with great enthusiasm.

Yoga, which is India's gift to the world, is not just about exercise; it is a way to discover the sense of oneness with yourself, 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.

The Embassy of India has the pleasure of inviting all our friends in Norway to participate in the IDY 2017 as per the details given below:

- **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

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

Looking forward to meeting you at the largest Yoga Festival in Norway on 24th June 2017 at 10.00 AM. Welcome to an inspiring and joyful Yoga Day.

Sponsors for this year:



You may also visit the below for additional details:

- www.indemb.no
- <https://www.facebook.com/indiainnorway/photos/a.426122104232327.1073741832.410130359164835/771973816313819/?type=3&theater>