

INTERNATIONAL YOGA DAY

21 June 2015

10:30Hrs – 12:30Hrs



Venue:

Bei den Tennisplätzen
22119 Hamburg

Enroll with:

info@anivasi-bharathi.org
www.anivasi-bharathi.org



Consulate General
of India



HINDU SWAMYASEVAK
SANGH



ANIVASI BHARATHI



ISKCON®



ISHA
FOUNDATION

Hindu Verein
(Hamburg) e.V

Gurdwara Singh
Sabha

Afghanische Hindu
Gemeinde



THE ART OF LIVING

"Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day"

- Shri Narendra Modi
Honorable Prime Minister of India

For all participants

- Free and open to all
- Please register in advance for better preparation
- Light Indian Vegetarian lunch will be served

For Yoga Performers:

- Yoga demonstration and practice possible
- Have a light breakfast on the day
- Wear loose clothing suitable for Yoga /white top preferred
- Bring a yoga mat or blanket

For all other participants

- No restrictions



For further information and registration



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