



A WEEK LONG CELEBRATION OF INTERNATIONAL DAY OF YOGA

(21st–28th June 2020)

(Online Facebook Live Yoga Events)

Join us online on our Official Facebook Page

[India in Germany \(Consulate General of India, Hamburg\)
https://www.facebook.com/ConsulateGeneralofIndiaHamburgGermany](https://www.facebook.com/ConsulateGeneralofIndiaHamburgGermany)

Ghar Ghar Se Yoga – Yoga From Home

PROGRAMME

21st June 2020 (1000 hrs – 1430 hrs)

Celebrations of International Day of Yoga 2020

22nd June 2020 (1700 hrs – 1800 hrs)

IDY 2020 – Lecture on “Vedic Science & Yog Sutras in the Light of Scientific Research” by Swami Shailendra Saraswati

23rd June 2020 (1700 hrs – 1830 hrs)

IDY 2020 – “Classical Yoga System of Ancient India–Sanatana Yoga”
by Pt. Arun Thankaraj (DIG Bremen)

24th June 2020 (1700 hrs – 1800 hrs)

IDY 2020 – “Cardiac Yoga” by Ms. Ekta Jaiswal, Yoga Teacher (Art of Living)

25th June 2020 (1830 hrs – 1930 hrs)

IDY 2020 – “Indian Traditional Yoga” by Mr. Shiv Kumar Joshi (Shiviyog)

26th June 2020 (1700 hrs – 1800 hrs)

IDY 2020 – “Yoga & Health” by Dr. Rajesh Mishra (Dr. Mishra Academy)

27th June 2020 (1700 hrs – 1800 hrs)

IDY 2020 – “Yoga against Stress” by Dr. Priyanka Chorge (Ayuryogalaya)

28th June 2020 (1700 hrs – 1800 hrs)

IDY 2020 – “Ashtanga Yoga – I am not the body, I am not the mind” by
Mr. Akash Nair, Yoga Studio (IASH)