



**Consulate General of India, Hamburg**

**celebrates**

# **6<sup>TH</sup> INTERNATIONAL DAY OF YOGA**

**Sunday, 21<sup>st</sup> June 2020**

**(10:00 hrs. – 14:30 hrs.)**

**(An Online Facebook Live Event)**

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## **Ghar Ghar Se Yoga – Yoga From Home**



<b>Programme</b>	
<b>1000 hrs-1005 hrs.</b>	Speech by Mr. Madan-Lal Raigar, Consul General
<b>1005 hrs-1100 hrs.</b>	"Indian Traditional Yoga" by Mr. Shiv Kumar Joshi (Shivyog)
<b>1100 hrs-1130 hrs.</b>	"Surya Namaskar" by Ms. Ekta Jaiswal, Yoga Teacher (Art of Living)
<b>1130 hrs-1200 hrs.</b>	"Yoga for Children" by Dr. Priyanka Chorge (Ayuryogalaya)
<b>1200 hrs-1230 hrs.</b>	"Yoga for Wellbeing" by Isha Foundation
<b>1230 hrs-1300 hrs.</b>	"Meditation & its benefits for Health" by Dr. Rajesh Mishra (Dr. Mishra Academy)
<b>1300 hrs-1400 hrs</b>	"Classical Yoga System of Ancient India–Sanatana Yoga" by Pt. Arun Thankaraj (DIG Bremen)
<b>1400 hrs-1430 hrs</b>	"Ashtanga Yoga" by Mr. Akash Nair' Yoga Studio
<b>1430 hrs-1435 hrs</b>	"Vote of Thanks" by Mr. Gulshan Dhingra, Vice Consul