



Consulate General of India, Hamburg

celebrates

3RD INTERNATIONAL DAY OF YOGA

Wednesday, 21st June 2017

19:15 hrs – 20:00 hrs

Venue:

Zentrum für Hochschulsport
Am Moritzwinkel 6, 30167 Hannover



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102
1004

Leibniz
Universität
Hannover



indian
Students
in Germany

"Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; 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
Prime Minister of India

Programme:

1. Introductory Remarks by the Consul General

2. Talk on 'Yoga for Physical and Mental Fitness' by certified Yoga expert Prof. Dr. Naveen Halappa

3. Yogasanas as per Common Yoga Protocol (devised for the occasion by Morarji Desai National Institute of Yoga)

- Free and open to all

Notes for all participants

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

