

YOGA FOR HEALTH

High Commission of
India and National
Capital District
Commission
cordially invite you
with family and
friends



FREE
REFRESHMENTS
T-SHIRTS



5TH INTERNATIONAL DAY OF YOGA

Sunday, 23 June at 7-11 A.M.

Sir Hubert Murray Stadium

PROGRAMME

- Physical exercises
- Breathing exercises
- Motivational speeches
- Meditation
- Cultural performances
- Refreshments

Yoga is an invaluable gift of ancient Indian traditions. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between human and nature; and a holistic approach to health and well-being. Yoga is known for disease prevention, health promotion and management of many lifestyle related disorders.



Contact

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