



UNITED NATIONS ADOPTS 21ST JUNE
AS 'INTERNATIONAL DAY OF YOGA'

177 NATIONS CO-SPONSOR THE RESOLUTION



International Day of Yoga

Sunday 21st June 2015 - Yoga Fair

Archbishop Lanfranc Academy, Mitcham Road, Croydon CR9 3AS

FREE
ENTRY



Datta Sahaj Yoga Mission (UK)

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@DSYMUUK #DSYMYogaDay



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Yoga Fair To Celebrate The International Day Of Yoga Sunday 21 June 2015

DSYM (In association with S-VYASA)
welcomes you all to come and join us
for the day to Understand Yoga and the
benefits for humanity at large.

21 June was declared as the International
Yoga Day by the United Nations General
Assembly on 11 December 2014. Yoga, a
5,000-year-old physical, mental and spiritual
practice having its origin in India, aims to
transform body and mind.

The declaration came after the call for the
adoption of 21 June as International Yoga
Day by Indian Prime Minister, Narendra Modi
during his address to UN General Assembly
on September 27, 2014 wherein he stated:
*"Yoga is an invaluable gift of India's ancient
tradition. It embodies unity of mind and
body; thought and action; restraint and
fulfilment; harmony between man and
nature; a holistic approach to health and
well-being. It is not about exercise but to
discover the sense of oneness with yourself,
the world and the nature. By changing our
lifestyle and creating consciousness, it can
help us deal with climate change. Let us
work towards adopting an International
Yoga Day."*

June 21, one of the two solstices, is the
longest day of the year in the Northern
Hemisphere and has special significance
in many parts of the world.

(S-VYASA - Swami Vivekananda
Yoga Anusandhana Samsthana)



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Indian Prime Minister, Narendra Modi

About Yoga

"Yoga" refers not only to physical postures
and exercises (hatha yoga) but to the
classical system of psychophysical
techniques for awakening the higher self
and uniting with the Divine.

It is a "WAY OF LIFE" that systematically
creates harmony of the entire body, mind
and soul. "Yoga" comes from the Sanskrit
verb Yuj, thus meaning to unite.

The practice of yoga brings union between
one's consciousness and the universal
consciousness. Yoga combines physical
movements with breathing and meditation
techniques to bring forward physiological
and psychological health.

Benefits

Yoga provides improved health and
longevity, as well as creates a heightened
level of self-understanding and awareness.
The breathing techniques (Pranayam) are
based on the concept that breath is the
source of life and energy (prana) in the
body. The integration of yoga poses and
breathing techniques helps one attain
a steady, quiet mind and a strong, open
body. The yoga poses and breathing
techniques are also vital for preparing the
body and mind for periods of meditation.
The combination of yoga poses, breathing,



and meditation makes one more readily able to free oneself from daily pressures and stresses.

What are the health benefits of yoga?

- Yoga is a safe and effective way to increase physical activity, especially strength, flexibility and balance.
- Regular yoga practice is beneficial for people with high blood pressure, heart disease, aches and pains (including lower back pain) depression and stress.
- Yoga offers us a holistic approach to body, mind and soul, which can provide us with the 'tools' to cope with the challenges of daily life. Yoga can also complement medical science and therapy for many health related issues.



Pranayam – Breath Control

- Pranayam is The science and exercise technique of Breath Control / The breathing (Prana) - through the breath, that promotes proper breathing.
- Prana is the vital energy needed by our physical and subtle layers, without which the body would perish. It is what keeps us alive.

Benefits of Pranayam

- It improves, tones up and enervates the respiratory and digestive system.
- Pranayam techniques utilise breath retention to establish control over the flow of prana, calming the mind and controlling the thought process.
- Improves will power, self control and concentration.
- Several diseases can be averted by regular practice of Pranayam.
- Mental disturbances like excitement, anxiety, fear etc can be calmed down by regular practice of Pranayam.

Meditation (Dhyan), Mindfulness

- Meditation is a state of being, continuously contemplating on a particular object or idea without diversion.
- Meditation is considered the most important of all the yoga techniques and is an invaluable tool for peace of mind and emotional balance.
- Thousands of research studies indicate that meditating for as little as fifteen or twenty minutes a day promotes improved mental and physical health and well-being.

You'll experience:

- Dramatic reduction in stress and anxiety
- Improved mental, emotional and physical well-being.
- Heightened spirituality and a better connection with the universal energy.
- Increased confidence and self-esteem
- Better, more restful and refreshing sleep.
- Optimal focus, concentration and improvement in memory.

Programme & Workshops For The Day

Morning

8.00am - 8.45am - Meditation (for participants who practice Meditation regularly)

8.45am - 10.00am - Yoga session 1 (for participants who practice Yoga regularly)

10.00am - 11.15am - Yoga Session 2 (for beginners)

11.15am - 12.00pm - Guided meditation (for beginners)

Afternoon

1.00pm - 2.00pm - Lecture on Benefits of Meditation (Open to all)

2.00pm - 2.20pm - Laughter Yoga (Open to all)

2.30pm - 4.00pm - Concluding programme

Yoga Fair and workshops from
10.00am - 1.00pm

Special Feature

Suryanamaskar (Sun Salutation) - Health for humanity

A workshop will be held

every hour for 45 minutes from 10.00am - 1pm. Suryanamaskar is a form of exercise with a series of 12 physical postures.



The benefits are:

- Tones up the digestive system by the alternate stretching and compression of abdominal organs. It activates digestion and gets rid of constipation and dyspepsia.
- Strengthens abdominal muscles.
- Thoroughly ventilates the lungs, and oxygenates the blood.
- Acts as detoxifying agent, by getting rid of enormous quantity of carbon dioxide and other toxic gases.
- Promotes sleep and calms anxiety.
- Tones up the nervous system & improves memory.

Workshops & Lectures will be held on:

- Ayurveda, Pranayam, Mantra chanting, Guided meditation, Chair Yoga, Yoga for children
- Yoga Therapy for common ailments - Diabetes, Blood pressure, Asthma, Arthritis, Back Pain etc by Dr Robin Monoro

Workshops will be held every hour for 45 minutes starting at 10am until 1pm.

Yoga fair Exhibitors:

- Several Yoga organisations
- Health products
- Vegetarian society
- Endorsed by the Indian High Commission

A stall serving delicious Vegetarian Indian snacks and home made award winning ice cream and cupcakes will be open all day.

Please register your interest in workshops on the website.
There will be a nominal charge of only £5 for each workshop



S-Vyasa



The Yoga
Biomedical Trust



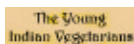
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