

UNITED NATIONS ADOPTS 21<sup>ST</sup> JUNE  
AS 'INTERNATIONAL DAY OF YOGA'

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# International Day of Yoga - Yoga Fair

Sunday 21<sup>st</sup> June 2015

Archbishop Lanfranc Academy, Mitcham Road, Croydon CR9 3AS

FREE  
ENTRY



Datta Sahaj Yoga Mission (UK)

Charity No: 1119454

[www.dsym.co.uk](http://www.dsym.co.uk) • +44 (0)7903 223 550  
[yogaday@dsym.co.uk](mailto:yogaday@dsym.co.uk)



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

**DSYM (in Association with S-VYASA & Indian High Commission UK) invites you all to come and join us for the day to understand yoga and its benefits for humanity at large.**

21<sup>st</sup> 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<sup>st</sup> June as International Yoga Day by Indian Prime Minister, Narendra Modi, during his address to UN General Assembly on 27<sup>th</sup> September 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 is a holistic approach to health and wellbeing. 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.”*

21<sup>st</sup> June, 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)



*“Yoga embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature is a holistic approach to health and wellbeing.”*

Indian Prime Minister, Narendra Modi

## About Yoga

“Yoga” refers not only to physical postures and exercises (hatha yoga) it is also a 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, 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

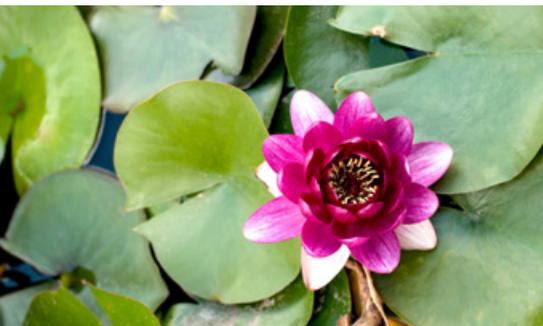
Yoga provides improved health and longevity, as well as creating a heightened level of self-understanding and awareness. The breathing techniques (Pranayam) are based on the concept that breath is the source of life and energy (prana) in the body. The integration of yoga poses and breathing techniques 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 nostrils, 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

Doors open at 8am

Workshops from 10am to 1pm

## Special Feature

### Suryanamaskar (Sun Salutation) - Health for humanity

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



### The benefits are:

- Tones up the digestive system by the alternate stretching and compression of abdominal organs. Gives effective relief from constipation and activates the digestive system
- 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 nervous system & improves memory.

### Workshops & Lectures will be held on:

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

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

### Yoga fair Exhibitors:

- Several Yoga organisations
- Health products
- Vegetarian society

A stall serving delicious Vegetarian Indian snacks and award winning home made 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



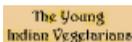
Brahma Kumaris (UK)



HSS (UK)



Patanjali Yogpeeth



Indian Vegetarian Society



Subrang Arts



The Art of Living (UK)



Curvesome Yoga



School of Yoga