



International Day of Yoga

Sunday 23rd June 2019

Time 10am to 2pm

The Archbishop Lanfranc Academy, Mitcham Rd, Croydon CR9 3AS

**FREE
EVENT**



Yoga for Harmony & Peace

Datta Sahaj Yoga Mission (UK)

Charity No: 1119454

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 DSYM UK

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UNITED NATIONS ADOPTS 21ST JUNE
AS 'INTERNATIONAL DAY OF YOGA'
177 NATIONS CO-SPONSOR THE RESOLUTION



DSYM (in Association with local yoga organisations) invites you all to come and join us for the world yoga day to understand yoga and its benefits for humanity at large. Our main guest Swami Sarvasthananda - the Minister-in-Charge at Ramakrishna Vedanta Centre, UK will lead the inauguration of the Yoga day event. To register your attendance, please click:

<https://dsym.co.uk/international-day-of-yoga-2019-registration/>

21st 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 21st June as International Yoga Day by Indian Prime Minister, Narendra Modi, during his address to UN General Assembly on 27th 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 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."*

About Swami Sarvasthananda



Swami Sarvasthananda is from Ramakrishna Math and Ramakrishna Mission having joined the mission since 1987, he has spent more than 30 year at Rajkot Ashram in various capacities including as an editor for publications, involvement in several major relief activities and rehabilitation projects after natural disasters like drought, flood, cyclone, plague and earthquake. Presently he is the Minister-in-Charge, Ramakrishna Vedanta Centre, Bourne End, Buckinghamshire, SL8 5LF - U.K.

His work includes preaching the universal message of Ramakrishna-Vivekananda, Vedanta, India's Cultural and Spiritual Heritage, World Peace and Harmony of Religions all over the world. He is the official monastic representatives of Ramakrishna Mission to the UNESCO attending events worldwide. He represented Ramakrishna Mission in an UNESCO Conference on "Youth and their Social Impact" held in Riyadh, Saudi Arabia in May 2017 and again in Tunisia in Sept 2018.

Contact: Swami Sarvasthananda: (email: sarvasthananda@gmail.com) (mobile: +44-7448 197915)

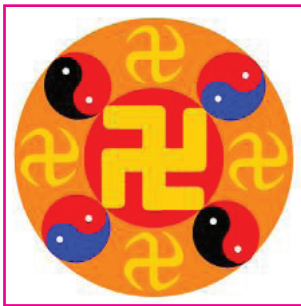
DSYM celebrates International Day of Yoga in association with the following organisations



Bal gokulam



Yogaworthit



Falun Dafa



iSHA Foundation



Brahma Kumari



Lohana
Community
South London

Organisation's Contact Information

Datta Sahaj Yoga Mission (UK)

Website: www.dsym.co.uk

Contact: Gayetri Khetia 07963 874856 e: gkhetia69@gmail.com
Jogendra Patel 07956 952756 e: jogendrapatel@gmail.com

Yogaworthit **Website:** www.yogaworthit.com

FB page - facebook.com/Yogaworthit-2219658551480585

Contact: Elodie Ancel 07828 151378 e: yogaworthit@gmail.com
Fiona Wong 07429 332398 e: fionawong18@yahoo.com

HSS Balagokulam **Website:** www.hssuk.org/balagokulam

Contact: Kedar Shukla 07961 943862 e: kedar_shukla@hotmail.com

Falun Dafa

Contact: Neil Woodrow 07817 019516 e: neilwoodrow@fastmail.fm

Brahma Kumari

Contact: Dipti Khattry

Isha Foundation **Website:** www.ishayoga.eu FB page - facebook.com/ishaeurope

Contact: Kumar 07901 897521 e: kumar.kk@ishafoundation.org

Lohana Community

Contact: Ajay Jobanputra 07710 236542 e: Ajay@ajconsultants.co.uk

Registration

Please click: <https://dsym.co.uk/international-day-of-yoga-2019-registration/>

Programme for the day

- 10:00 to 10:45am Opening prayers, lighting of deep, VIP introduction, Discourse by Swami Sarvasthananda
- 10:45 to 11:15am Balgokulam/ Children yoga
- 11:15 to 11:45am Adult yoga
- 11:45 to 12:15pm Isha Foundation
- 12:15 to 12:30 pm Break
- 12:30 to 13:00pm Brahma Kumari
- 13:00 to 13:30pm Falun Dafa
- 13:30 to 2:00pm Pranayam, Relaxation & Meditation, Followed by Vote of Thanks, Closing Ceremony & Prayers