



Yoga for Harmony & Peace



Datta Sahaj Yoga Mission (UK) invites you to celebrate

International Day of Yoga 2021

focusing on the importance of
'Health Benefits of Yoga'

Monday 21st June 2021 6.00pm to 7.30pm [BST]
10.30pm - 12.00am [IST] | 12.00 - 1.30pm [CST]

Chief Guest: Swami Sarvasthananda

[Ramakrishna Vedanta Centre U.K.]

via zoom

<https://zoom.us/j/460859134?pwd=cWsvbWpWUW5ZUE9Ra1hObnFpSEl4UT09>

Meeting ID: 460 859 134 Password: 101101

Programme

Lighting of Lamp (Deep) & Blessings from Swamiji,
Pranayam, Asanas, Chanting & Meditation

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