



Consulate General of India, Vancouver

PRESS RELEASE

First International Day of Yoga Sunday, 21st June 2015

Addressing the UN General Assembly on 27 September 2014, the Honourable Prime Minister of India Mr. Narendra Modi had urged the world community to adopt an International Day of Yoga. He said in his address : "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with yourself, the world and 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."

The Prime Minister also suggested that 21st June, which is the longest day in the Northern Hemisphere - also called the Summer Solstice - has a special significance in many parts of the world and could be considered for adoption as the international Day of Yoga by UN every year. A couple of months later, India sponsored a Resolution to declare June 21 every year as the International Day of Yoga by the UN every year. India's draft Resolution in the United Nations General Assembly received broad support from 177 Member States, including Canada, and the draft text was adopted without a vote on December 11, 2014. Government of India has planned to celebrate the First International Day of Yoga in all the countries around the world, including Canada.

The Consulate General of India, Vancouver has liaised with several organisations and individuals in the Greater Vancouver area for celebrating the first International Day of Yoga (IDY) in a grand manner. The details of the IDY events may be seen in the chart below. **Entry for all these events is free.**

The Consulate General of India also liaised with the BC Premier's office and is extremely happy to note that the Government of British Columbia led by the Honourable Premier Ms. Christy Clark has also decided to organise an event in Vancouver to celebrate the First International Day of Yoga. The Consulate General of India supports this event as part of the numerous IDY events being organised in BC on that day.

All are cordially invited to register themselves and attend these events with their families and friends. The Consulate General of India, Vancouver also requests that this information may please be widely disseminated.

Vancouver, 10th June 2015



International Day of Yoga (June 21,2015) Celebrations in British Columbia, Canada

Location	Event	Time	Organizers	Contact details for additional information
Burrard Bridge. Vancouver*	“Om The Bridge” Yoga session on the bridge	8AM to 10 AM	Government of British Columbia in association with Lululemon, YYoga, Altagas etc.	www.omthebridge.eventbrit.com *This event has since been cancelled
Plaza of Nations, Vancouver	Guided Yoga class Pranayama Sessions Meditation Ayurvedic lifestyle	10 AM to 4 PM	M/S Ecobear Productions; Mr. Sivakumar Varma, Ayurvedic Practitioner and Yoga Teacher; Ms. Nirmala Raniga, Founder Chopra Addiction & Wellness Center	http://www.unidycanada.ca/vancouver_bc
Hillel House, University of British Columbia. 6145 Student Union Blvd, Vancouver, V6T 1Z1	Yoga Session	11AM to 4 PM	Indo Canadian Socio Economic Association (ICSEA)	http://idycanada.com/register.html . idycanada@gmail.com
Guilford Recreation Centre 15105 105 Ave	Guided Yoga class demonstrations sattvic (yogic)	10 AM to 7 PM	M/S Ecobear Productions; Varad Ashram	http://www.unidycanada.ca/surrey

Surrey, BC V3R 7M8	meals children's yoga and games laughter yoga musical program vendors market		Intercultural Service Humanitarian World Association (VISHWA) led by Swami Satya Prakash; Dr. Preeti Misra, VISHWA Coordinator	dr.preeti.misra@gmail.com
Hindu Temple, Burnaby. Hindu Cultural Society and Community Centre of BC. 3885 Albert street Burnaby BC, V5C 2C8.	Yoga Sessions/Film Screening	600 pm to 8pm	Ms. Nutan Thakur, Radio Host & Yoga Teacher	http://www.unidycanada.ca/burnaby
Front Lawns of BC Parliament and Legislative Grounds Victoria	Yoga Session	800 AM to 1000 AM	Ms. Nirmala Raniga	http://www.unidycanada.com/victoria bc
Stan Clarke Park Squamish, BC Canada		9 AM to 11 AM		http://www.unidycanada.com/squamish bc
Oliver Woods Community Center 6000 Oliver Rd Nanaimo, BC V9T 6G6 Canada		9 AM to 12 PM		http://www.unidycanada.com/nanaimo bc

