

By: Sai Pravastu.

Hindu Council of Australia, in association with The Consulate General of India Sydney, cordially invite you for a free yoga event, to mark the occasion of the 5th International Yoga Day.

Indian Prime Minister Narendra Modi in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.

Yoga dates back as far as 5000 years in ancient India, yoga was considered a mental, physical, and spiritual way to practice meditation and transform the body and mind.

The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga, a physical, mental and spiritual practice.

Practicing the postures, breathing exercises and meditation makes you healthier in body, mind and spirit. ... What's more, yoga: Improves muscle tone, flexibility, strength and stamina.

Drop-in for an energetic, spiritual and relaxing yoga sessions, by well-known Yoga practitioners in



The poster features a central purple lotus flower with a white silhouette of a person in a meditative pose. Above the lotus are three logos: the Consulate General of India in Sydney, the logo for 'Hope for Learning & Peace', and the Hindu Council of Australia. Below the lotus is the text 'INTERNATIONAL YOGA DAY 2019'. Further down, it says 'Hindu Council of Australia cordially invites you for a free Yoga event, to mark the occasion of the 5th International Yoga Day'. Below this are four circular icons showing different yoga asanas. A light blue rounded rectangle contains the event details for Sydney, including the date, time, location, dress code, and session details. At the bottom, there is a Facebook link and contact information.

  

# INTERNATIONAL YOGA DAY 2019

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to mark the occasion of the 5th International Yoga Day



## SYDNEY

Tuesday, June 18, 2019  
5.30 pm – 7.00pm  
Swami Vivekananda Cultural Centre,  
Consulate General of India

**Dress Code**  
Casual / Sports

**Session details**  
5.45pm – Kirtan chanting by Australian School of Meditation & Yoga  
6:00pm – Hatha Yoga practice by Yoga Sadhana school of classical hatha yoga  
6.40pm – Meditation and music by Art of Living

Find us on  For registration and more details,  
please visit our facebook page: **International Yoga Day Australia**

Contact: Sagar - 0433314726

Sydney.

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