

PRESS RELEASE



INTERNATIONAL DAY OF YOGA

21 JUNE 2015

09 45 hrs to 11 00 hrs

Swami Vivekananda International Convention Centre, Pailles



High Commission of India / Ministry of Health & Quality of Life

High Commission of India, Mauritius is organizing a series of events to commemorate the first International Day of Yoga. Over the past month, hundreds of enthusiastic Mauritian Yoga practitioners have participated in a series of workshops and seminars organised by the High Commission in collaboration with local socio-cultural organisations of specific aspects of Yoga, such a diet, breathing exercises, meditation, Yogasutras, prevention and treatment of non-communicable diseases, and sustainable environmental practices. (Details at www.facebook.com/indianmauritius)

On **Sunday, 21 June**, High Commission of India, in collaboration with the Ministry of Health and Quality of Life, Mauritius, the Mahatma Gandhi Institute, the Indian Women's Association and Indian Public Sector companies based in Mauritius, is organising a grand commemorative event at 0945 hrs at the Swami Vivekananda International Convention Centre. The event will be graced by the **Prime Minister of Mauritius**, the Rt Hon. Sir Anerood Jugnauth and will include the release of a **Special Commemorative Philatelic Cover** designed in collaboration with Mauritius Post. The event will also include cultural presentations and **mass Yoga exercises** performed under the guidance of trained Yoga teachers.

Access is free to all - you are all cordially invited to join us at these events. For more information, check out the calendar of International Day of Yoga activities at www.idayofyoga.org

#YogaDay