



HIGH COMMISSION OF INDIA

To celebrate First international Day of Yoga, following adoption of a historic resolution by the United Nations, we have organised following free for public events to promote Yoga as a healthy way of living.

Sunday, 7 June 2015 10am to 12pm	Lecture-Demonstration on Yoga by Ms Sikha Sachar, Alumni of MDNIY	High Commission of India 3 Moonah Place Yarralumla ACT 2600
Sunday, 14 June 2015 3pm to 5pm	International Day of Yoga practice by Isha Foundation	High Commission of India 3 Moonah Place Yarralumla ACT 2600
Saturday, 13 June 2015 3pm to 4.30pm	Yoga: reflecting on the past, imagining the future Talk by Mr Alan Goode, Director Yoga Mandir, Canberra	High Commission of India 3 Moonah Place Yarralumla ACT 2600
14 -20 June 2015 9.30am-11am	Free Yoga Classes by the Yoga Mandir	Yoga Mandir 42 Mort St Braddon Mail to: PO Box 5025 Braddon ACT 2612 Australia
Sunday, 21 June 2015 11am-12.30pm	Mass Yoga Practice to mark the First International Day of Yoga	East-West Lawns Old Parliament House, Canberra



**Please book your free place by email
at: yogaday.canberra@hcindia-au.org**

For the yoga practice sessions, please bring your own Yoga mats