



## HIGH COMMISSION OF INDIA-CANBERRA 3<sup>rd</sup> INTERNATIONAL DAY OF YOGA-2017



Date	Time	Free Events - Yoga Demonstration/Lecture	Venue
18.5.17	5:00pm - 5:45pm	Lecture & Demonstration on Yoga by Capt.Chetan Chandegave, Defence Advisor, High Commission of India, Canberra	High Commission of India 3-Moonah Place, Yarralumla ACT-2600
3.6.17	10:00am - 10.45am	'Flexible Breath for a Sound Mind' - an interactive session with Shikha Sachar, Alumnus of Morarji Desai National Institute of Yoga (MDNIY)	High Commission of India 3-Moonah Place, Yarralumla ACT-2600
	11:00am - 11:45pm	Talk by a representative of the Vedanta Centre of Sydney.	High Commission of India 3-Moonah place, Yarralumla ACT-2600
10.6.17	10:00am - 10:45am	Demonstration by a representative of Art of living, Canberra	High Commission of India 3-Moonah place, Yarralumla ACT-2600
	11:00am - 11:45am	Isha Upa yoga program by Isha Foundation, Australia	High Commission of India 3-Moonah Place, Yarralumla ACT-2600
	11:45pm-12:30pm	Talk by Ms. Becca Posterino , Yoga Teacher, Canberra.	High Commission of India 3-Moonah Place, Yarralumla ACT-2600
<b>Dates to be confirmed</b>	12:30- 1:45pm	Experiential lectures at ANU by Yoga Mandir in Association with High Commission of India, Canberra 1.Looking within 2.Differentiating Experience 3.The Source of Knowing	ANU College of Asia and the Pacific. <b>Venue to be confirmed</b> Contact –Yoga Mandir office Phone:02 6262 7976 E-mail:office@yogamandir.com.au
<b>17.6.17</b>	9:45am-11:00am (For 10.00am start)	<b>Mass Yoga Practice to mark the Third International Day of Yoga By Yoga Australia ACT</b>	 <b>Albert Hall 100 Commonwealth Ave Yarralumla-ACT-2601</b>
	11:05am - 11:35am	<b>Meditation by Ms. Panna Patel Brahma Kumaris, Australia</b>	
<b>PLEASE BRING YOUR OWN YOGA MATS</b>			



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Free Yoga Classes Registration			
Date	Time	Free Yoga classes & contact details for registration	Venue
3.6.17 & 10.6.17	2:30pm -3:30pm	Children's Yoga Classes (Aged 5-14) by Yoga Mandir at HTCC Contact :Yoga Mandir <a href="mailto:office@yogamandir.com.au">office@yogamandir.com.au</a>	Hindu Temple & Cultural Centre of ACT 81,Ratcliffe Crescent,Florey-ACT-2615
17.6.17	2:30pm-3:30pm	Children's Yoga Classes (Aged 5-14) Contact –Yoga Mandir <a href="mailto:office@yogamandir.com.au">office@yogamandir.com.au</a>	Yoga Mandir,42 Mort St, Braddon ACT-2612
19.6.17 to 23.6.17	6:30am – 7:30am & 12:30pm -1:30pm	Monday, Wednesday and Friday(early morning Dynamic classes) Monday, Wednesday and Friday(Lunchtime Classes)	Yoga Mandir,42Mort St, Braddon, ACT-2612
19.6.17 to 23.6.17	8:30am – 1:00pm Daily	Photographic exhibition of 40 large freestanding panels on the life and work of BKS Iyengar entitled <i>Guruji</i> . Open daily-Free Contact –Yoga Mandir office- 02 6262 7976 <a href="mailto:office@yogamandir.com.au">office@yogamandir.com.au</a>	Yoga Mandir,42 Mort St, Braddon, ACT-2612
12.6.17 to 17.6.17	1:00pm – 1:30pm	Free lunchtime Raja yoga meditation at Brahma Kumaris Contact: -Ms. Panna Patel-02 6260 5525 <a href="mailto:canberra@au.brahmakumaris.org">canberra@au.brahmakumaris.org</a>	Brahma Kumaris, Australia 38,Wisdom Street, Hughes ACT-2605
18.6.17	12:15pm-1:15pm	"Seniors practical Yoga Stretch" Session from Chair or Wheel Chair with tips & tools to lead a healthy life Instructor: Nancy Williams- Contact No : 0432683699 <a href="mailto:bollybody@gmail.com">bollybody@gmail.com</a> Register your interest ASAP	Canberra Seniors Centre, 10 Watson St, Turner –ACT-2612
21.6.17	6:00pm -7:15pm	Yoga for Wellbeing : class for mature age, stay young at heart Teacher : Pam Bleakley <a href="mailto:vitalyoga@bigpond.com">vitalyoga@bigpond.com</a>	Vitalyoga studio, 30 Gledden St, Chifley-ACT-2606