



PRESS RELEASE



Italy celebrates International Day of Yoga (#IDY2018)

The Embassy of India, Rome in collaboration with various yoga institutes and schools is organizing 'Settimana dello Yoga', a series of yoga events to celebrate the 4th International Day of Yoga. Every year, 21 June is celebrated as International Day of Yoga (IDY) all over the world. On 11 December 2014, 193 members of the UNGA approved the proposal by consensus, with a record 177 countries including Italy cosponsoring the resolution, thus establishing 21st June, the day of the Summer Solstice, as International Day of Yoga. Since then IDY has been celebrated annually by member countries of the UN with great enthusiasm.

Yoga is an ancient Indian discipline, which was evolved thousands of years ago for physical and spiritual wellbeing of the humankind. The word 'Yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. It has gained worldwide popularity due to its immense health benefits. It not only helps in improving physical health but also brings about inner peace by reducing stress and anxiety. Medical research in recent years has uncovered many physical and mental benefits that yoga offers, corroborating the experience of millions of practitioners.

The Embassy of India in Rome has been celebrating the International Day of Yoga, every year since 2015, with support of and participation by yoga organisations based in Italy. Along with millions of people in India and across the globe who have participated in these celebrations with great zeal, there has been an overwhelming response in Italy as well. All over Italy, yoga institutions and schools have organized series of free events of synchronised practices based on the Common Yoga Protocol (CYP) that has been prepared in consultation with leading yoga experts and heads of eminent yoga institutions of India. Hundreds of participants took part in the events organized in the past years in Indian Embassy Rome as well as in the mass open yoga sessions at Auditorium Parco della Musica.

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The International Day of Yoga this year will be celebrated on 21st June in Rome at the heart of the city – the top of Capitoline Hill. Yoga enthusiasts will gather at 18:30 in the Campidoglio Square to participate in a special yoga session that follows the common yoga protocol comprising of simple and easy yoga postures, under the guidance of qualified instructors. The protocol has been formulated in a manner that participants need no prior practice or knowledge of Yoga.

The common yoga session at Campidoglio Square will be followed by an Indian classical - vocal concert by the acclaimed dhruwad maestro Ritwik Sanyal. He will be accompanied by Gianni Ricchizzi at Rudra Veena and Mohan Sharma at Pakhawaj. The concert is the opening event of the Summer Mela Festival, organized by FIND, and it coincides with the Music Day.

This year too, Embassy of India, Rome is organizing pre and post events to celebrate the International Day of Yoga. A series of yoga & meditation sessions, talks, seminars & workshops have been planned to create greater awareness of yoga practices as well as its benefits of Yoga. The 'Settimana dello Yoga' begins from 17 June 2018 when the Embassy will open its doors to Yoga enthusiasts and beginners, offering them a space to learn and practice yoga under the guidance of professional yoga teachers and meditation practitioners. All they have to do is to wear light and comfortable cotton dresses and carry a yoga mat with them. Organic tea of different varieties will be served to the participants, courtesy YogiTea.

The Embassy of India in collaboration with the Government of San Marino will also be celebrating the International Day Yoga Day at San Marino on Saturday, 23 June 2018 at Campo Bruno Reffi at 1730 hours. The ceremony will be opened by H.E Nicola Renzi, Foreign Minister of San Marino, H.E Marco Podeschi, Minister of Culture and Sport and H.E. Augusto Michelotti, Minister of Tourism. The opening ceremony will be followed by the practice of Common Yoga Protocol. All Yoga enthusiasts are invited to this free and open programme in San Marino. Later in the evening, there will be dinner and screening of Indian movie 'Queen' with Italian subtitles, for which prior registration is to be done at events@patriziagallos.com.

The Embassy of India invites yoga practitioners, enthusiasts and beginners for a vibrant participation at various events being organized by it, in collaboration with various organizations, in the Embassy premises and outside. A detailed brochure on the events is enclosed. The Embassy hopes that these celebrations, centered on the International Day of Yoga, will not only create greater awareness about yoga and meditation, but also serve to help people adopt a more holistic approach towards life, incorporating a balance between their worldly and spiritual pursuits.

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The Embassy will continue to host yoga classes, talks and seminars throughout the year for the benefit of yoga enthusiasts. It appreciates the contribution and support of the following yoga institutions in planning various events for celebrating IDY in Italy:

- Ananda Europa (www.ananda.it/en)
- Brahma Kumaris (www.brahmakumaris.org)
- Centro Yoga Swami Vishnu (<http://www.cyswamivishnu.com>)
- Centro Studi Bhaktivedanta (<http://www.centrostudibhaktivedanta.org/it/>)
- International Art of Living Foundation (www.artofliving.org/it-en)
- Federazione Italiana Yoga (www.yogaitalia.com)
- LOYI for Iyengar Yoga (www.iyengaryoga.it)
- Self-Realization Fellowship - Centro di Meditazione di Roma (www.yoganandaroma.org)
- Unione Induista Italiana (<http://www.hinduism.it/en>)
- 3HO – Healthy Happy & Holy Organization (<https://www.3ho.org/>)

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