PRESS RELEASE

YOGA WEEK- June 17-25, 2017

Italy celebrates International Day of Yoga 2017 (IDY 2017)

The Embassy of India, Rome in collaboration with various yoga schools is organizing a nine-day event to celebrate the Third 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 of 177 countries including Italy cosponsoring the resolution, thus establishing 21st June, the day of the Summer Solstice, as International Day of Yoga. Since then the 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.
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Embassy of India in Rome has been celebrating the International Day of Yoga every year with support of Yoga Organisations based in Italy. In step with the millions of people in India and across the globe that participated in these celebrations with great zeal, there was an overwhelming response in Italy as well. All over the country, Yoga institutions/schools organized a series of free events of synchronised practices based on the Common Yoga Protocol that was prepared in consultation with leading Yoga experts and heads of eminent Yoga Institutions of India. Hundreds of participants also took part in the events organized in Indian Embassy Rome as well as in the Mass Common Open Yoga session in the Auditorium Parco della Musica.

This year too, Embassy of India, Rome in collaboration with various yoga schools is organizing a nine-day event to celebrate the Third International Day of Yoga. In the run-up to IDY 2017, the Embassy will be organizing a series of curtain-raiser events in association with Yoga Organizations. Various Yoga sessions have been planned in Italy, with the aim of bringing together thousands of Yoga enthusiasts across the country for celebrating the spirit of Yoga from 17-25 June 2017. A number of Yoga and meditation sessions, talks, seminars and workshops have been planned to make people aware of Yoga practices as well as benefits of Yoga as also of Ayurveda and other traditional medicines.

For the third consecutive year, starting from 17 June 2017, the Embassy will open its doors to Yoga enthusiasts and newcomers, offering them a space to learn and practice Yoga under the guidance of renowned 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 by YogiTea will be served to the participants. There will be on display artworks of Thierry Bouffeteau titled ‘Iyengar - The Asanas and the Debris of the World’.

On 20 June, after a seminar-cum-demonstration at FAO in the morning an open Yoga session will be held in the evening at the Hanging Gardens of Auditorium Parco della Musica from 18:00 to 20:00. The celebration will include a Special Yoga Session, based on a Common Yoga Protocol, comprising simple and easy yoga postures, under the guidance of qualified instructors. The Common Yoga Protocol is designed in a manner that participants need not have prior practice of Yoga. The common Yoga practice will be followed, in Sala Petrassi, by a performance titled ‘Swayambhu’, by acclaimed dancer Shantala Shivalingappa.
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To celebrate Yoga Day on June 21- NRITYA YOGA KATHA, a performance based on Kathak style and Bharatnatyam will take the audience on a voyage to the origins of Yoga through a confluence of Indian classical dance styles.

Embassy of India, Rome will continue to host seminars and Yoga classes throughout the year for the benefit of yoga enthusiasts. In addition, the India-Europe Foundation for New Dialogues (FIND) plans to organize, on the sidelines of the ‘Summer Mela’, a Yoga practice session at Filarmonica Romana on 28 June 2017.

The Embassy appreciates the contribution and support of the following yoga institutions associated with it 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)
- 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)
- Wishwa Nirmala Dharma - Sahaja Yoga (http://www.sahajayoga.org/vnd/)

The Embassy of India invites yoga practitioners, enthusiasts and newcomers 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 nine-day event is enclosed. The Embassy hopes that the week-long celebrations, centered on the International Day of Yoga, will not only create better awareness about Yoga and Meditation, but also serve to help people adopt a more holistic approach towards life, incorporating balance between their worldly and spiritual pursuits.

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