



**HIGH COMMISSION OF INDIA
COLOMBO**
invites you to join the
4th International Day of Yoga



**on Saturday, 23rd June 2018 at 6.00 to 8.00 am
at Independence Square**



Please bring along Yoga mats
Please register at iccrcolombo2@gmail.com Contact: 011 2684698

Supported by



Published by the Swami Vivekananda Cultural Centre (Indian Cultural Centre)
16/2, Gregory's Road, Colombo 07. Tel: 011 2684698
Email: iccrcolombo@gmail.com Facebook: [facebook.com/indianculturalcentre](https://www.facebook.com/indianculturalcentre)

Cultural Calendar - June 2018

6
Wednesday
6.00 pm

Jugal Bandhi - A duet Kathak Recital
by Vihanga Rukshan and Ama Nethmi, ICCR Scholars
Venue: ICC Auditorium

Euphonic Yoga
an amalgamation of Yoga with Indian classical dance and music
Shruti Chaturlal Sharma – Concept & Rhythms
Taranpreet Kaur – Yoga
Shristi Amitaa Devi – Vocal
Raudri Singh - Odissi
Venue: ICC Auditorium

9-10
Saturday & Sunday
7.30 am-5.00 pm

"Yoga for Wellness"
workshops conducted by
Astanka Yoga Mandhir and A.A.Y.U.S.H., Sri Lanka
For registration: 0777 393 999 / 0777 274 859
Venue: ICC

4th International Day of Yoga
At Independence Square Memorial
All are cordially invited.

23
Saturday
6.00am-8.00am

29
Friday
3.00 pm

Friday Maitnee
Bang Bang
Director: Siddharth Anand
Cast: Hrithik Roshan, Katreena Kaif, Danny Denzongpa, Javed Jeffery
Venue: ICC Auditorium

Programmes subject to change
Admission to all programmes are on first come first serve basis except 9th & 10th.
All are cordially invited

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Sanskarika

Newsletter of Swami Vivekananda Cultural Centre

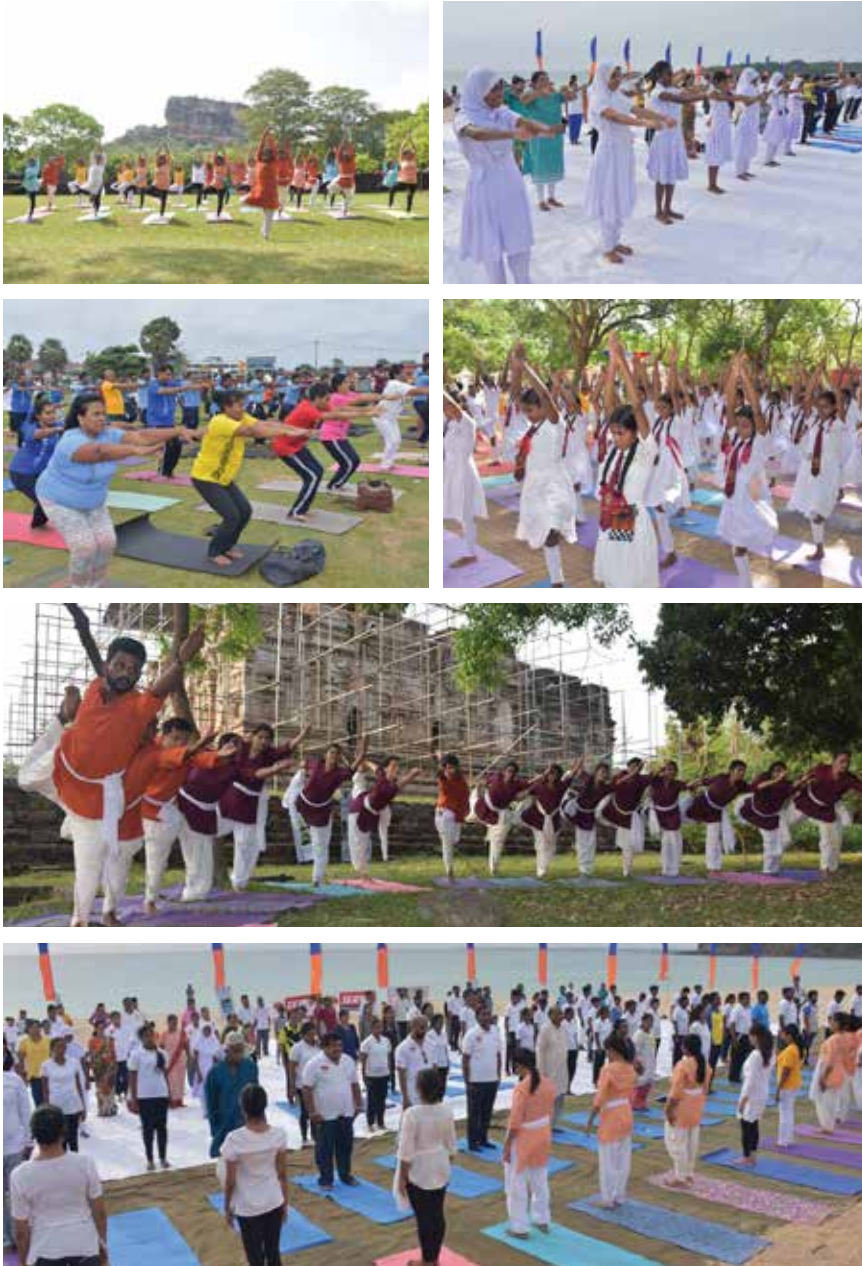
June 2018



PC: C.B.V. Raju



YOGA ROAD SHOW - 2017



GLIMPSES OF 3RD INTERNATIONAL DAY OF YOGA, AT THE INDEPENDENCE SQUARE, COLOMBO



“Yoga is the Practice of quieting the mind”

“Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body.”



“Yoga is journey to the self, by the self, through the self”



“The aim of Yoga practice (sādhana) is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.”