

It is health that is real wealth & not pieces of gold & silver.
- Mahatma Gandhi

YOGA ASANA CHAMPIONSHIP 2019

JUNE 22nd
AT
SWAMI VIVEKANANDA CULTURAL CENTRE
COLOMBO 07

ORGANIZED BY
ASTANKA YOGA MANDHIR – COLOMBO

&
SUPPORTED BY
SWAMI VIVEKANANDA CULTURAL CENTRE

FOR FURTHER INFORMATION PLEASE CONTACT US THROUGH EMAIL OR WHATS APP MESSAGE

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HIGH COMMISSION OF INDIA, COLOMBO
International Day of Yoga 2019
on Saturday, 15th June at 6.15 am
at Independence Square

"It is health that is real wealth & not pieces of gold & silver"
- Mahatma Gandhi -

Please come and join us... Free Event.
Please bring along Yoga mats / Please be seated by 6.00am / No carry bags / Please bring your photo ID

Please register at icccolombo2@gmail.com | Contact : 011 2684698

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Sanskarika

Newsletter of the Swami Vivekananda Cultural Centre June 2019

INTERNATIONAL DAY OF

yoga

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Cultural Calendar - June 2019

A month celebrating Yoga



<p>1 Saturday 8.00 am</p>	<p>Yoga for Peace (Yoga, Pranayama & Meditation) Venue: Kelaniya Raja Maha Vihara</p>
<p>Yoga for Unity in association with Sarvodaya Venue: Vishva Niketan, Sarvodaya, Rawatawatte Road, Moratuwa</p>	<p>4 Tuesday 4.00 pm</p>
<p>7 Friday 6.00 pm</p>	<p>Divine Dance of Energy (Amalgamation of Bharatnatyam & Yoga) by Shrisha Artistes : Donisha Mylendran, Rathiksha Nishanthan & Mathursha Ravindran Venue: SVCC Auditorium</p>
<p>Yoga for well-being Organized by Dhamaya Yoga Venue: "Diyatha Uyana", Battaramulla</p>	<p>8 Saturday 6.30 am</p>



While addressing the 69th session of United Nations General Assembly (UNGA) on September 27, 2014 the Honourable Prime Minister of India Shri Narendra Modi urged the world community to adopt an International Day of Yoga.

"Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting

an international Yoga Day" the Honourable Prime Minister of India Shri Narendra Modi said.

On December 11, 2014, the 193 members UNGA approved the proposal by consensus with a record 177 co-sponsoring countries a resolution to establish 21 June as "International Day of Yoga". In its resolution, the UNGA recognized that Yoga provides a holistic approach to health and well being and wider dissemination of information about the benefits of practicing Yoga for the health of the world population. Yoga also brings harmony in all walks of life and thus, is known for disease prevention, health promotion and management of many life styles related disorders.

<p>15 Saturday 6.15 am</p>	<p>Celebration of International Day of Yoga Free event... Open for all (Please bring along yoga mats and be seated by 6.00a.m) Venue: Independence Square</p>
<p>Yoga as Therapy in association with Indira Cancer Trust Venue: Apeksha Cancer Hospital, Maharagama</p>	<p>19 Wednesday 3.00 pm</p>
<p>22 Saturday 9.00 am - 6.00pm</p>	<p>Yoga Asana Championship- 2019 Organized by Astanka Yoga Mandhir For registration: please email aym.lanka@gmail.com or whatsapp # 0777274859 / 0773055375 Venue: SVCC</p>
<p>Film Screening Yoga: Aligning to the Source – A film by Raja Choudhury (English / Duration 26mins) History of Yoga: a film by Deepika & Ramji (English / Duration:98mins) Venue: SVCC Auditorium</p>	<p>28 Friday 4.00 pm</p>

Programmes subject to change
Admission to all programmes are on first come first serve basis.
All are cordially invited