

# EMBASSY OF INDIA LUANDA

## INTERNATIONAL YOGA DAY (IDY-2019) CELEBRATED IN LUANDA, ANGOLA ( 22 June 2019)

The Embassy of India commemorated the 5<sup>th</sup> International Day of Yoga (IDY 2019) in Luanda on Saturday morning - 22 June 2019, with a Yoga demonstration and Yoga Practice event at the Children's Park - Parque Infantil, Miramar.

Indian Embassy's Yoga Teacher -Shri Anand Vardhan conducted the Yoga practice session for the benefit of Yoga enthusiasts who participated in large numbers at the event. Luanda-based Yoga practitioners - Ms. Noelie, Ms. Carla and Mr. Filipe assisted the Yoga teacher in guiding the participants.

The large turnout of local yoga enthusiasts included members of the diplomatic corps, dignitaries, Indian community members, local guests and children who performed the Yoga exercises.

**#Yoga #IDY2019 #AYUSH #ZindagiRaheKhush @Ministry of External Affairs, Government of India**







