



Embassy of India Tunis, Tunisia

Press Release



Lecture-demonstration on Yoga organized by Embassy of India, Tunis, 6 June 2014

The Embassy of India in Tunis organized an Introduction to Yoga – a Lecture-demonstration by Dr. Chirayu Thakkar at Hotel Sheraton in Tunis on Friday, 6 June 2014. This was the first formal presentation on the ancient system of yoga in Tunisia. The presentation was attended by a wide-cross section of Tunisians and many representatives from the print and audio-visual media.

Dr. Chirayu Thakkar is a yoga teacher and practitioner based in Los Angeles, USA, who is on visit in Tunisia. He completed his medical degree in holistic medicine and yoga science from Rajiv Gandhi University of Health Sciences, Bangalore, India. He has spent several years promoting yoga in Cairo, Istanbul, some countries in Europe and India. Dr. Chirayu practices and teaches yoga to suit contemporary lifestyles, which emphasises seeing the person as a whole being and working on the body-mind-spirit complex.

Ambassador of India, Nagma M. Mallick introduced Dr. Thakkar to the audience and gave a brief exposition on how yoga had come to carry

different significance for different people, how it had brought physical, aesthetic, mental and spiritual benefits to people around the world, and that while yoga had emerged from the ancient Indian civilization, it now belonged to the world. Dr. Chirayu gave an indepth and comprehensive introduction to yoga; he led the audience through breathing exercises, stretching exercises and some *asanas*; he gave an introduction to meditation techniques, and explained the importance of focusing the mind to live in the moment. The presentation was deeply appreciated and was followed by an intensive interactive question-answer session between the audience and Dr. Thakkar.

9th June 2014
Tunis