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| http://www.indianconsulate-sf.org/images/ashokachkra.gif | EMBASSY OF INDIA  KUWAIT |

**PRESS RELEASE**

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| International yoga day on 21 June 2015 |
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| |  | | --- | | http://www.indembkwt.org/Newsfile/352015215922100yoga.jpg |   The United Nations has declared 21st June as the INTERNATIONAL YOGA DAY, on an initiative taken by Government of India.  2. The first International Yoga Day (IDY) will be celebrated in a big way in Kuwait on 21 June 2015. Its logo is attached. The logo reflects harmony and peace for the humanity which is the essence of Yoga. Folding of both hands symbolises Yoga, the union, which reflects the union of individual consciousness with that of universal consciousness, a perfect harmony between mind & body, man & nature; the holistic approach to health and well-being. The brown leaves symbolise the Earth element, the green leaves symbolise the nature, blue symbolise the water element, brightness symbolises the fire element and the Sun symbolises the source of energy and inspiration.   3. The Embassy takes this opportunity to inform that in association with the ‘Art of Living’, ‘Harmony House’ and ‘Isha Foundation’, all based in Kuwait, IDY 2015 will be celebrated on 21 June 2015 (Sunday) from 0600 hrs to 0800 hrs at the Embassy premises. Different Yoga Asanas will be performed along with a meditation session. Books and DVDs will be displayed during the event. All interested are requested to join, participate and support the International Day of Yoga and enjoy the spirit of Yoga to make the ‘IDY 2015’ a great success.  **3 May 2015** |
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