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

**PRESS RELEASE**

On the initiative taken by Government of India, the United Nations has declared 21st June as the INTERNATIONAL YOGA DAY. As part of its celebrations, Embassy of India celebrated the First International Day of Yoga (IDY) on 21 June 2015 which witnessed great amount of enthusiasm from people of all walks of life.

2. The Embassy is pleased to inform that 2nd International day of Yoga will be celebrated on Friday, 24 June 2016 at the Embassy premises from 0600 hours onwards. In the run up to the 2nd IDY celebrations, Embassy is organizing a ‘Yoga session’ at the **Circle of Peace, Al-Shaheed Park, Kuwait City on Friday, 8 April 2016 from 0700-0930 hrs.**  The event is organised in association with the ‘Art of Living’, ‘Harmony House’ ‘Artistic Yoga’, ‘Isha Foundation’ and ‘Sahaj Marg’, all based in Kuwait. Different Yoga Asanas will be performed which will be followed by meditation and Pranayam sessions. All are therefore cordially invited to register themselves at **http://www.indembkwt.org/IYD/**

3. Please bring in your Yoga mats and enjoy the festivities of Yoga with your family and friends and feel rejuvenated. Kindly note that no eatables are allowed inside the Park.

**5 April 2016**