

2nd International Day of Yoga celebrated at Sun Yat Sen Memorial Park, Hong Kong

1. The 2nd UN International Day of Yoga (IDY) befittingly turned out to be the biggest yoga event in Hong Kong this year as more than 2500 Hong Kongers gathered to know the benefits of yoga for health and well-being and also to follow a simple Common Yoga Protocol.



2. The 2nd IDY was celebrated at the Sun Yat Sen Memorial Park. The audience included government officials, Consul Generals, representatives from the Consulates, and distinguished members of the community. The event was held in partnership with UNESCO Hong Kong Association.



3. Secretary for Home Affairs of HKSAR, Mr. Lau Kong-wah, was the 'Guest of Honour'. In his inaugural address, Hon'ble Secretary described Yoga as an "ancient Indian tradition and treasure" and "a scientific and mindful way to build a healthy lifestyle".



4. About 30 Yoga and health organizations of Hong Kong supported the event and were present. All guests joined together to perform some simple Yoga exercises and meditation under a common Yoga Protocol, under the guidance of well-known Yoga teachers and masters.



5. Nearly 1800 free yoga mats, T-shirts and water bottles were distributed at the event. The event was followed by a number of free modules and classes offered to participants by various Yoga institutions. Many events and workshops were organized throughout the day by the Yoga institutions as well.

