



Bahrain to roll out mat for Yoga today

The celebrations of Yoga Day which provides a holistic approach to health and well-being will be held today in different parts of the Kingdom. All the CBSE schools will attend the celebrations at the Isa Sports City including the Indian School Bahrain (ISB) sending 600 students to take part in the festivities organised by the Indian Embassy in association with the Ministry of Youth and Sports Affairs.

Bahrain Meditation Centre is organizing a seminar on 'Yoga - The Journey of the Self through the Self to the Self' on the occasion of International Yoga Day. The event will help understand the true meaning of Yoga and how to bring balance between mind, body, spirit connection. The event will be held at Bahrain Meditation Centre in Um Al Hassam today from 7 pm to 9 pm for which entry is free. The talk will be in English with simultaneous translation in Arabic.

Meanwhile a hundred ladies of different nationalities came together at the Indian Embassy for a 'Yoga for Health' session, a curtain-raiser for the big International Yoga Day celebrations yesterday. Led by 7 yoga teachers from different centres in Bahrain, the 60-minute session was organised by Salaam Bahrain magazine with the support of the Indian Embassy.

"It is a wonderful comment on the universality of yoga and its promise of good health that there are so many participants beyond the Indian community for this ancient health regime," said Indian Ambassador Alok Kumar Sinha, "We are sure there will be many who take this introduction to yoga forward in their lives."

The session was attended by Mamta Sinha,



wife of the Indian Ambassador and Nancy Khedouri, Member of the Shura Council.

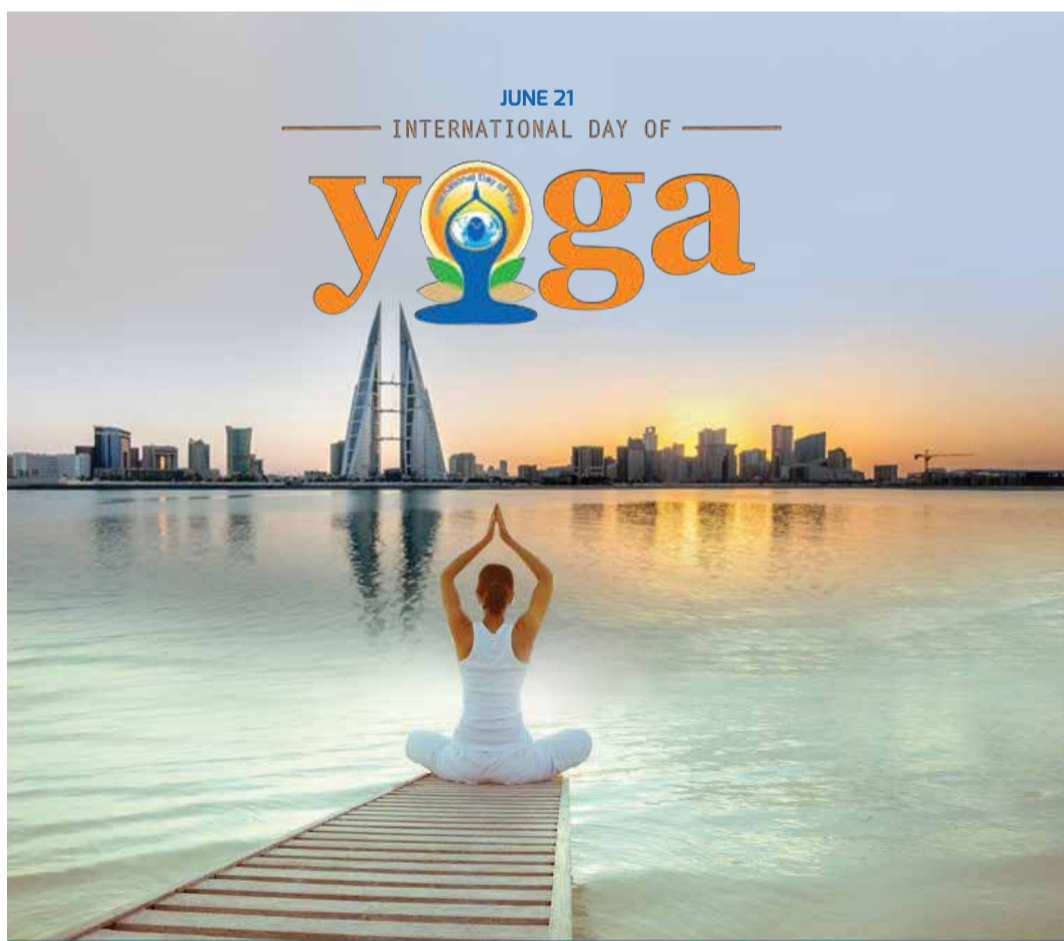
Yoga is a physical, mental and spiritual practice attributed mostly to India. The Indian Prime Minister Narendra Modi in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares special significance in many parts of the world.



1. A yoga session was organised by the Art of Living and ICRF on Tuesday at Busaiteen beach, Muharraq.

2. A curtain raiser event for fourth International Day of Yoga held on May 29 at the Embassy Complex.

3. A yoga event for ladies was organised by Salaam Bahrain with the support of Embassy of India, wherein women of different nationalities participated in large numbers.



JUNE 21
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yoga

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