



International Day of Yoga Committee Trinidad & Tobago

MEDIA RELEASE

18th May 2015: *Yoga for Healthy Lifestyles – Mind, Body & Spirit*

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Kendra

In December 2014 the United Nations General Assembly adopted a resolution proclaiming 21st June as International Day of Yoga.

General Assembly Vice-President Álvaro Mendonca E Moura (Portugal) delivering a statement on behalf of General Assembly President Sam Kutesa (Uganda) noted the overwhelming support that the resolution on yoga had received, with more than 170 co-sponsors.

The declaration came after its call for adoption by Indian Prime Minister Narendra Modi during an address to the General Assembly where he noted that "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and nature." In suggesting June 21st, which is the Summer Solstice, as the International Day of Yoga, he added that "the date is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world."

Several organizations and individuals who practice and teach yoga across Trinidad and Tobago agreed to unite with one umbrella committee to observe the International Day of Yoga 2015 with the theme "*Yoga for Healthy Lifestyles – Mind, Body & Spirit.*"

Although the committee uses the opportunity to initiate a network of individuals and organisations; its continuity will be to promote the overall well-being and healthy lifestyle of all citizens by encouraging their involvement in the practice of yoga. A Facebook event page, International Day of Yoga 2015 Trinidad and Tobago, was also established to engage conversation and share information of interest on the activities.

CHAIRMAN: Deeroop Teemal (678- 6462)

VICE-CHAIRMAN: Rudranath Singh (499-7264)

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With the launch of *Yoga Fest 2015* on Saturday 20th June at the NCIC Nagar in Chaguanas, there will be a day of activities including a health and wellness caravan catering to the young and mature, amateur and experienced, practitioners and observers.

On Sunday 21st June there is a lobby to have the largest gathering of yoga practitioners and observers in the history of Trinidad and Tobago or perhaps the Caribbean with *Yoga on the Boardwalk* at Chaguaramas from 6:00AM.

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