

**High Commission of India
Windhoek**

Press Release

The High Commission of India in Windhoek will be organizing the Third International Day of Yoga (IDY) on June 25, 2017 (Sunday) at the Eros Primary School Sports Field (Eros Road, Windhoek) from 0900-1030 hours.

This event will be a part of celebrations being held throughout the world to mark this day. The United Nations General Assembly had unanimously passed a Resolution in December 2014-cosponsored by 177 nations- declaring June 21 as the International Day of Yoga recognizing holistic benefits of this timeless practice.

In run up to the 3rd IDY, the High Commission of India has already organized Yoga demonstrations at FNCC, Windhoek on May 13, 2017 and at Namibia Tourism Expo, Windhoek Show Grounds from May 31-June 3, 2017. The High Commission of India is also organizing a Yoga session at Dorado School, Windhoek on June 21, 2017.

The 3rd IDY event on June 25, 2017 is open to all interested persons. Entry is free. A limited number of Yoga T-Shirts will be available for distribution on first come first serve basis.

All interested may also like to see the Common Yoga Protocol at <https://www.youtube.com/watch?v=VT5itSvfn5g>

Yoga for Harmony & Peace