

## Press Release

### **Embassy of India, Berlin**

In Cooperation with

**The State Capital Dresden and the Free State of Saxony**

### **Celebration of International Day of Yoga 2024 in Dresden, Germany**

The Tagore Centre, Embassy of India, Berlin and the Indian Council for Cultural relations (ICCR) in collaboration with the City of Dresden and the Free State of Saxony invite you to practice yoga in a scenic setting on **Saturday, June 15, from 9.30 am to 12 pm in front of the Frauenkirche at Neumarkt.**

The event is being organized to celebrate International Day of Yoga (IDY), which was first celebrated on June 21, 2015 after the United Nations General Assembly officially recognised June 21 as International Day of Yoga on December 11, 2014. Yoga is India's gift to the world and the observation of International Day of Yoga each year reminds people to make healthier choices such as practicing Yoga and following lifestyle patterns that foster good health and promote physical, mental and spiritual wellbeing.

The event will begin with addresses by key dignitaries including Ambassador of India to Germany, H.E. Harish Parvathaneni, Mayor of Dresden, Mr Dirk Hilbert and State Secretary in the Saxon State Ministry for Economic Affairs, Labour and Transport, Ms Ines Fröhlich followed by a one-hour yoga session. Video messages from the honorable Prime Minister of India and the Minister President of the Free State of Saxony will be screened. There will be vegetarian and vegan Indian delicacies to enjoy at the venue. The event also includes a performance by singer-songwriter and social media sensation Cass Mae.

The yoga session will be guided by yoga teachers from Art of Living, Isha Foundation and Golden Yoga (Dresden) and will include asanas based on the Common Yoga Protocol as well as pranayama (breathwork) and meditation. No prior experience is necessary to participate in the Yoga session - the exercises are suitable for beginners.

Limited yoga mats, water bottles, goodie bags and T-shirts will be provided free to participants to early registrants on a first come, first serve basis. Water and tea will be served free of charge for all.

Speaking about the event, Ambassador of India to Germany, H.E. Harish Parvathaneni said, "It is heartening to witness the ever-increasing interest in yoga in Germany due to

increasing recognition of its transformative role in leading a balanced and healthy lifestyle. India and Germany in general and the Free State of Saxony in particular have always shared a strong people-to-people connect, especially students and professionals, and we hope that events such as the International Day of Yoga along with other ongoing collaborations and partnerships will further strengthen that relationship.”

Director, The Tagore Centre, Ms Trisha Sakhlecha said, “As an outpost of the Indian Council for Cultural Relations, we celebrate the International Day of Yoga around the world with great pride. This year's event in front of the impressive backdrop of the Frauenkirche in Dresden will be bigger than ever with over 1500 people expected to practice yoga together in the largest open air yoga class ever seen in Germany.”

Lord Mayor of Dresden, Mr Dirk Hilbert said: “We are delighted that the Embassy of India in Germany has decided to celebrate International Yoga Day 2024 in Dresden. The many pre-registrations show how popular yoga is in Dresden. We are very happy to support this event and actively help with the preparations. Together with the Free State of Saxony and many local partners, we would like to contribute to a relaxed journey into the world of yoga and showcase Dresden's openness.”

The event is supported by GWT - Society for Knowledge and Technology Transfer, DMG, Hello Dresden & Dresden Information, Palais Sommer, Bombay Mirchi, Taste of India, Indian Association Dresden and Vrindavan e. V.

The Embassy of India, Berlin along with the Tagore Centre, the City of Dresden and the Free State of Saxony welcomes you to participate in the event and experience unity with one's self- one of the core objectives of practicing Yoga!

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