

## **Press Release**

### **Embassy of India**

#### **Berlin**

### **Celebration of International Day of Yoga 2023 in Hannover, Germany**

The Tagore Centre, Embassy of India, Berlin and the Indian Council for Cultural Relations (ICCR) in collaboration with the City Administration of Hannover invite you to celebrate the International Day of Yoga (IDY) 2023 in a great setting on **Sunday, June 25, from 10 am to 12 pm in front of the iconic building of the Rathaus at Trammplatz.**

International Day of Yoga has been celebrated on June 21 every year since 2015 after the United Nations General Assembly (UNGA) adopted a resolution marking this day as a day to celebrate yoga the world over. International Yoga Day is celebrated to raise awareness about the positive impacts of Yoga on the physical and mental health of the individual.

The theme for the 9th International Yoga Day 2023 is **“Yoga for Vasudhaiva Kutumbakam”**.

The event will begin with an address by the Ambassador of India to Germany and subsequent remarks of Mr. Thomas Klapproth, Bürgermeister; Mr. Steffen Krach, Region President, Hannover Region; and Mr. Adis Ahmetovic, MdB, followed by a one-hour joint yoga session. There will be vegetarian and vegan Indian delicacies to enjoy at the venue.

Yoga mats and Yoga Day T-shirts will be provided by the organizers to all the participants. Water and tea will be served free of charge for all.

No prior experience is necessary to participate in the Yoga session- the exercises are suitable for beginners. The participants will be guided by yoga teachers from the partner organizations Hannover Yoga Studio Akash Nair, Art of Living e.V., Heartfulness Institute Germany and Maharishi Veda Foundation.

The Embassy of India, Berlin along with the City Administration of Hannover welcomes you to participate in the event and experience unity with one's self- one of the core objectives of practicing Yoga!

