

## International Yoga Day

**International Yoga Day**, or commonly and unofficially referred to as 'World Yoga Day', is celebrated annually on June 21<sup>st</sup> since its inception in 2015. It is the official United Nations promotion of global health, harmony and peace. The day's celebrations include the practice of yoga, meditation, spreading awareness about yoga and adopting it in one's lifestyle by discussing its benefits.



*Stretch your body,  
calm your mind*

'Yoga 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 the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change.' Indian Prime Minister Narendra Modi.

To celebrate this inspiring event The Yoga School will be hosting a free 'Yoga Health' workshop on Saturday June 17<sup>th</sup> 2017 from 1:30 – 4:00 pm. We will be looking at ways to support your health and well being through the path of yoga.

Included in the workshop:

- 8 limbs of yoga discussion
- Sun salutations
- Barrels, back rollers and foot-rollers (use and benefits)
- Relaxation
- Pranayama
- Meditation and sitting comfortably
- Cleansing (neti pot, skin brushing, tongue scraping)
- Iced kombucha and other goodies – taste test and on sale from 'The Source Bulk Foods'

Program:

**1:30 – 1:45** Welcome and 8 Limbs of Yoga

**1:45 – 2:00** Sun Salutations

- Discovery
- Foundation

**2:00 – 2:30** Barrels, back rollers and foot rollers

- Set-up in stations

**2:30 – 2:45** Yogic relaxation (Savasana)

**2:45 – 3:00** Pranayama

- Yogic full breath
- Ujjayi
- Alternate nostril

**3:00 – 3:30** Cleansing (With a special on 'package' purchases)

- Neti pot
- Skin brushing
- Tongue scraping

**3:30 – 4:00** Kombucha and naturopathy talk from 'The Source Bulk Foods'