

## Public Programme for 3rd International Yoga day held on the third Sunday, the 18<sup>th</sup> June 2017

A very powerful Yoga Day celebration was held in the heart of Colombo at Buddhist Cultural Centre, Colombo 5, on Sunday the 18<sup>th</sup> June 2017 to the public under the theme **'The Ultimate Connection' Raja Yoga for Healthy mind and Healthy Body**. It was coordinated by Sri Lanka, Colombo Zone Brahma Kumaris.



**Brahma Kumaris Raja Yoga Centres, Sri Lanka**  
*Cordially Invite You, Your family & friends*  
to the celebration of 3rd International Day of Yoga

**The Ultimate Connection**  
*Raja Yoga for Healthy Mind and Body*

**Sunday 18<sup>th</sup> June 2017, 4.30 pm onwards**

at **Buddhist Cultural Centre**  
32, Sri Sambuddhathwa Jayanthi Mw., Colombo 5.

Organized by - Brahma Kumaris Raja Yoga Centre,  
55, Peters Lane, Dharmapala, Tel: 011-2717572, 011-2726576  
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**Agenda as follows:**

- 4.30pm - Raja Yoga Pictorial Exhibition
- 5.30pm - Lighting of Traditional Oil Lamp
- 5.40pm - Welcome dance
- 5.45pm - Yoga - demonstration
- 5.50pm - Talk on 'The Ultimate Connection'
- 6.10pm - Chief Guest addressing the gathering
- 6.20pm - Preparation to do Raja Yoga
- 6.30pm - Self contemplation to solve problems
- 7.00pm - Donation of peace
- 7.30pm - Concludes with blessings and sweets

**YOGA: THE ULTIMATE CONNECTION**  
True connection matters  
Take time and truly connect with others  
Be aware of the life-giving opportunities for connection  
Love reverberates in the space between true connection  
Sharpening the skills for connection

People all over the world have discovered that the ancient practice of yoga is one of today's most important tools to living a life with meaning.  
Yoga connects a person to the source of life and opens the heart and clears the mind.  
Yoga connects a person to their authentic self, awakening the conscience and harmonizing one's spiritual trajectory of awareness, attitude, and action.  
Yoga provides one with the ability to tap into a space of greater creativity to receive inspiration and a sense of purpose.  
Yoga connects the hearts of people from all walks of life to each other through its unifying force and through the web of life.

There are many ways to experience how yoga joins people, communities, organizations, and institutions. When we come together, through these practices, we feel belonging, act collectively and transform our lives, our societies and our planet. This alchemy, whether within the self or among people, is the essence of our sacred humanity and is the cause for celebration.

The celebration began with the one hour Raja Yoga pictorial exhibition at the entrance of the main hall from 4.30pm to 5.20pm.



The main focus of the program is to inspire the participants to do Raja Yoga Meditation. The program started with the lighting of traditional lamp by the Chief Guest Mrs Rajashree Behera, Director Indian Cultural Center for Sri Lanka, Brother Ganesh, National Coordinator for Sri Lanka Brahma Kumaris and few more important people.



Sri Lankan traditional Kandian Dance and Yoga Asanas were performed by a Dance School and a Yoga Institute just before Brother Ganesh delivered a very short talk on the theme *'The Ultimate Connection'* – It included a Multi Media presentation. He explained about the soul, its faculties, functions and all the variety of its connections while acting in this world Drama and finally the ultimate connection of the soul to the Supreme Soul at the end of the Drama.



The Chief Guest Mrs Rajashree Behera, Director Indian Cultural Center for Sri Lanka spoke mainly on International Yoga Day and its history how it originated, how the Day being celebrated every year successfully up to date around the world, she also gave a short report on Sri Lanka's involvement and the three years successful celebrations of International Day of Yoga and she highlighted this year the celebration was held at the Independence square having the President of the Democratic Socialist Republic of Sri Lanka the Excellency Maithripala Sirisena as the Chief Guest with remarkable number of Yoga lovers as participants.



Thereafter Dr Viji explained in all three languages (English, Sinhala and Tamil) the method to do Raja Yoga meditation. She explained how peace can be donated while empowering the self through Raja Yoga meditation.



**A very powerful Meditation was conducted by few brothers and sisters from 6.30pm to 7.30pm with guided commentaries in all three languages.**

**First half an hour the focus was 'self-contemplation' and the next half an hour the focus was 'donation of peace'**

**Participants had good experiences and the atmosphere was filled with powerful vibrations.**

**The celebration concluded with distribution of Toli and blessings with the participation of around 100 Bks , 80 non BKs and 15 IPS.**



Brahma Kumaris of Colombo zone also was one of the main participants and conducted opened eye meditation at the International Yoga Day celebration organized by the Indian High Commission, Colombo. The BKs conducted open eyed meditation with the background music and a live commentary. It was observed a complete silence was maintained by the participants, who were mainly of Yoga Asana lovers. The President of the Democratic Socialist Republic of Sri Lanka the Excellency Maithripala Sirisena and Minister Mano Ganeshan and The Indian High commissioner for Sri Lanka were some VIP who completely enjoyed and participated in all celebrations.



**\*\*\*OM SHANTI\*\*\***