



International Day of Yoga

International Day of Yoga 2021
June 20th, Sunday

 Morning Meditation & Hatha Yoga (Certified Hatha Yoga Teachers & Experienced RajaYoga Practitioners) 07:00-08:00 CEST	 Raja Yoga Exhibition & Virtuescope (Basic Introduction to Raja Yoga Meditation) 11:00-12:00 CEST
 World of Creative Stars (An interactive workshop for 6-12 yrs Kids in English & German) 14:00-15:00 CEST	 World Peace through the Power of Mind (Meditation for Self & World) 18:00-19:30 CEST

Above Programs: **ZOOM ID: 978 6443 2773** Passcode: yoga

"Power of Mind"
Building Emotional Immunity
Sister Shivani
(An online Live Talk & QnA* in English with translations in Hindi, German, Tamil, Dutch, Portuguese & Greek)
15:30-17:00 CEST
ENGLISH: tiny.cc/IDYGermany

All Other Languages: **ZOOM ID: 975 1919 6509** Passcode: yoga

Host and Organizer
Raja Yoga Institut,
Brahma Kumaris Deutschland

In advance send your questions at
info.events@brahmakumaris.de



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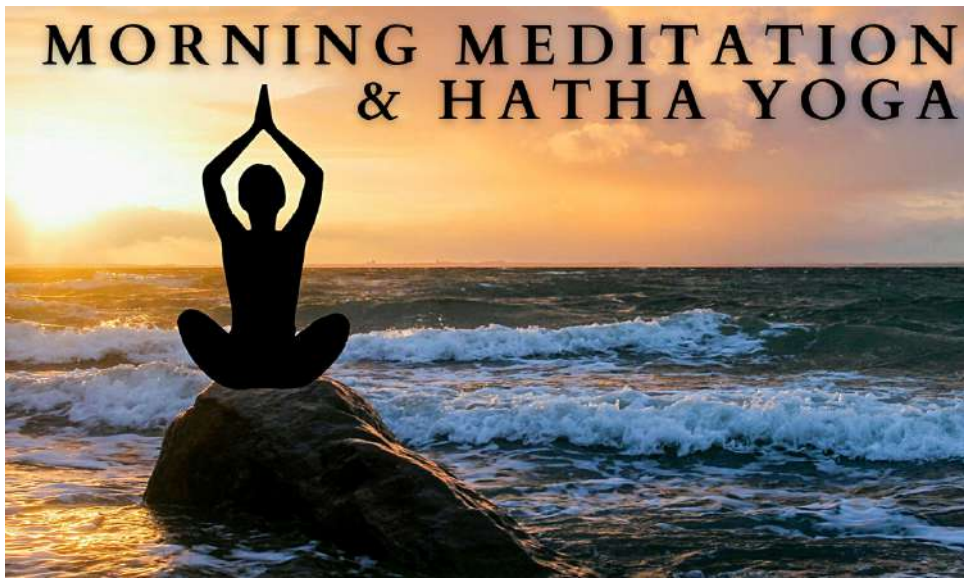
This year was no different in terms of zeal & enthusiasm in serving Global family, though the medium & ways of service changed towards being virtual.

The day long online program was unique in many aspects, covered all age groups (Kids to Adults).

*The **morning** session was Morning Meditation & Hatha Yoga followed by a very unique Rajyoga Exhibition in 4 Zoom breakout rooms for German, Hindi, English & Tamil languages.*

*The **afternoon** session included Kids Workshop & highlighted of the day was session with Sister Shivani on `Power of Mind (Building Emotional Immunity)`.*

*The culmination of day, the **evening** session was with special Meditation with Sudesh Didi focussing on meditation for Self & the World.*

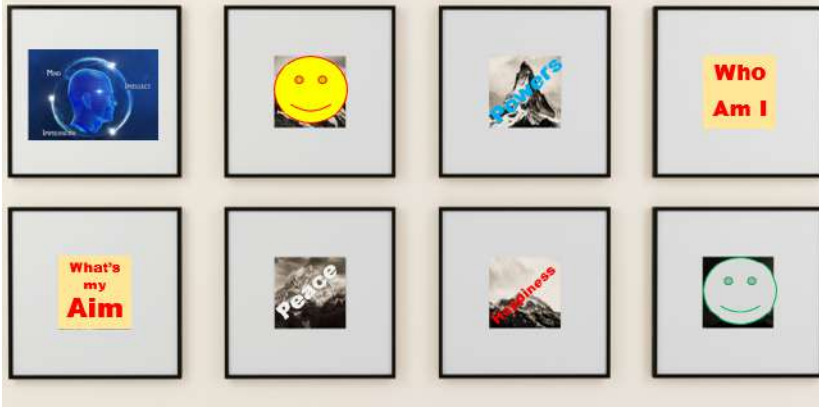


The Morning Meditation & Hatha Yoga was a good blend of Rajyoga practioners who are also the Certified Hatha Yoga Teachers.

The session started with introduction to Rajayoga & Hathayoga followed with Suryanamaskar (Sun Salutation) and further 8 asanas with guided intstructions, their precautions & their spiritual significance



Rajyoga Exhibition & Virtuescope



This session was **unique** being an **online exhibition** of **Rajyoga Exhibition & Virtuescope**. Zoom had main room to welcome everyone & guide them into **4 breakout rooms for 4 languages - English, Tamil, Hindi & German**. Experienced teachers & the aim was to share about Rajayoga, Introduction to Self & God, 8 Powers. The session was quite appreciated by audience & also included Q&A, meditation & virtuescope.



The kids workshop - **'World of Creative Starts'**. The highlights were sharing of contrast between Yoga of Mind & Body & its benefits. The kids were also shared different steps of meditation followed by meditation experience with commentary in English & German. The session also included activities like Painting.



The attraction of the day was **Sister Shivani's** talk on **'Power of Mind' Building Emotional Immunity**. The session was in English but a perfect example of power of cooperation as it was being translated in **6 languages** - Hindi, German, Tamil, Portuguese, Greek & Dutch. **Sister Uschi** coordinated the program. **Dr. Amit Telang** (Consul General of India, Frankfurt) presented greetings for the day & also welcome Sister Shivani. **Didi Sudesh** also gave her blessings.

The highlights of the talk were **10 affirmations** - I am a Powerful Being, I am Happy Always, I am Fearless, I am Calm and Stable always, I am Giver, My body is perfect and healthy and will always be, God's blessings and power is a divine circle of protection around me, draw circle around work & family, God's blessings and power is a divine circle of protection around my work & family, Success is certain for me and Circle of Protection around world.

The session also had a live Q&A session after which Sister Shivani took everyone to a wonderful experience with live meditation commentary.

Click on Youtube Link to view the video

<https://youtu.be/JhF7oMxFbII>



BK Shivani



Dr. Amit Telang
CGI - Frankfurt



Sudesh Didi



Uschi



3rd Sunday on International Day of Yoga focused at **World Peace Through Power of Mind** (Meditation for Self & World). This 90 minutes long session had a brief introduction of organization, importance of 3rd Sunday & the aim of session.

It even more special as Sudesh Didi shared her deep insights on silence & meditation followed by a very powerful commentary & drishti. The day long session ended with audience having an opportunity to choose a **virtual blessing** for themselves in 3 languages - Hindi, English & German.



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