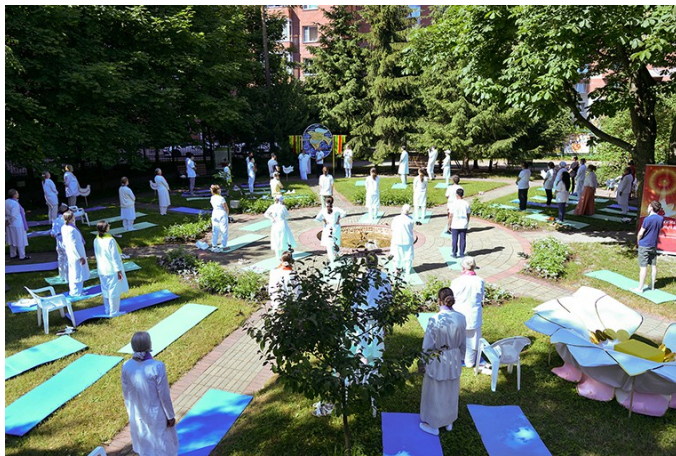


# The Yoga Festival for Mind and Body Service news from St. Petersburg, Russia

June, 2021



“The main objective of yoga is to strike the balance between your body and mind. Seeing your happy faces, I am very glad that you are successful in achieving this main goal”, said Mr Deepak Miglani ji, Consul General of India in St. Petersburg, at an outdoor yoga session in Peace Park (Lighthouse)

on June, 19. Together with a large group of the Consulate staff members he took part in a series of activities held at the BK centre within the framework of the “The Yoga Festival for Mind and Body”.

Festival for Mind and Body”.



Addressing the participants of the event, Didi Santosh, the Brahma Kumaris director in St. Petersburg, underlined that if we take care of our mind and body through Raja Yoga practice in a collective form, then before long

Bharat and the entire world are going to become the Golden Sparrow, or the world of purity, abundance and divinity will come once again.

Mr Deepak Miglani ji lit a symbolic lamp at the entrance to the Exhibition Area. Then Didi Santosh conducted an insightful meditation session for the Consulate staff members at the Conference Hall of Lighthouse. And a healthy and delicious brahma bhojan was served to everyone in the sunny courtyard afterwards.



The Festival that started on Monday, June, 14, has been organized to celebrate the glorious heritage of yoga wisdom endowed by Bharat to the entire world. It is carried out with the support of the Consulate General of India in St. Petersburg. The Festival will continue for 7 days, culminating on June, 21, the International Day of Yoga.



Although the current restrictions caused by the COVID pandemic do not allow to hold the event on a bigger scale, yet a wide range of activities is offered to participants. They include daily morning yoga practice in the Peace Park followed with a special treat of fresh fruit or vegetable juice.

An enlightening exhibition on “Holistic Health and Ancient Raja Yoga Wisdom” is open on a daily basis from 9.00 till 19.00. A cosy meditation room has been installed in the park to enable the visitors to have an individual meditation practice for experiencing peace of mind. A series of online events are also held for those who cannot reach the Lighthouse physically due to the COVID restrictions.

