



INTERNATIONAL DAY OF YOGA IN MONGOLIA, 2022



The International Day of Yoga (IDY) was celebrated in Mongolia for the 8th time. Nowadays yoga is getting its popularity all over the world. Yoga helps to maintain not only the physical health, but it also creates peaceful state of mind. It helps to cope with everyday problems and challenges as well.

In honor of the 75th Anniversary of India's Independence, the Indian Embassy in Mongolia, in cooperation with the Mongolian Yoga Federation, organized a big event, which was celebrated for two days from June 18th to 19th, 2022. The Brahma Kumaris Raja Yoga Center in Mongolia has been an active participant and assistant in organizing, promoting and holding events dedicated to the International Yoga Day since 2015.

On June 18th, the Day of Yoga was celebrated on the territory of the sports complex in the City University of Ulaanbaatar. The Ambassador of India to Mongolia, His Excellency Mr. MP Singh, government representatives, scientists and musicians delivered welcoming speeches to the participants of the event. All participants performed basic asanas and yoga exercises according to the generally accepted protocol. BK Inna Kim and representatives of the Brahma Kumaris Center conducted a collective meditation for everyone from the stage. BK students handed out invitations for a 3-day meditation course, explained pictures of knowledge, handed out cards of virtues to everyone. On this day about 200 participants from Ulaanbaatar (offline) and about 225 (online) from outer and remote provinces of Mongolia such as Dornod, Bayankhongor, Darkhan, Zavkhan, Gobi-Altai, Arkhangai and Khuvsgul participated in the event.



On June 19th, from 8 am to 6 pm, the Yoga Festival was held, bringing together 38 master classes at 4 sites including 40 teachers, about 100 volunteers and more than 1000 participants. From early Sunday morning, yoga lovers from all sights of the city hurried to the 'Blue Sky' building on the central Sukhabaatar Square to catch the early morning practices. The halls were decorated with lotuses, colorful fabrics, bewitching Indian music sounded everywhere, incense sticks were fragrant, Indian, eco and yoga goods were sold. And in the Indian tent one could plunge into silence and self-contemplation.



At the sites of the Festival, yoga teachers replacing each other every half an hour, immersed participants in different types and practices of yoga. BK Inna Kim held a master class "Life in Harmony with Raja Yoga Meditation", which presented the main steps of meditation. More than 30 people attended the master class and with pleasure plunged into the atmosphere of peace and happiness, which they themselves created under the comments of the meditation.



In the evening, all yoga teachers with their relatives and friends were invited to the "Yoga Rave Party". Because of the Covid-19 restrictions, the members of the Yoga Federation had not been allowed to gather together for a long time. And the program gave the teachers an opportunity to meet each other as well as meet new teachers, and spend time with like-minded people in a comfortable environment. All guests were given a chance to participate in the Miss Sari Contest, as the dress-code of the event was a national Indian clothing (saris and kurtas). Lakshmi's Sari left no one indifferent. In conclusion, all the teachers who conducted the master classes were presented with the Letters of Gratitude and memorable gifts.

The wonderful atmosphere of the IDY celebration allowed all the participants to feel the closeness and the flavor of enchanting India.

