

8th International Day of Yoga

Kazakhstan, Almaty, 19.06.2022

Kazakhstan, being one of the first and honorary participants, had supported the international initiative to conduct the day of yoga. The eighth International Day of Yoga was celebrated in the park of the first president in Almaty city. Among organizers there were: the Embassy of India in Kazakhstan, Indian Chamber of Commerce and Culture in Almaty, Pradnya Yoga Institute, Almaty Yoga Association.



During the day, professional musicians and vocal groups performed in the territory of park, classical Indian dances were presented to the guests, collective meditation and photo shoots were held. Yoga exercises were demonstrate donthestage according to the generally accepted protocol, Meera Ainukhatova held a meditation from the Brahma Kumaris. About 3,000 people participated in the event.



There was an exhibition about the yoga centers activities organized. In the Brahma Kumaris section, the game “Dobroscope” and spiritual consultations were especially popular. The participants gladly decorated the "Tree of Good Wishes" with their good wishes written on sticker leaves.

