

INTERNATIONAL DAY OF YOGA

June 2022

LONDON

BK SERVICE REPORT

International Day of Yoga has been celebrated across the world on 21st June each year, since 2015. This year was the first International Day of Yoga after the pandemic, so individuals from various organisations were thrilled to be able to get together, personally, to plan and celebrate the ancient wisdom and art from Bharat.

BKs from Global Co-operation House (GCH) London participated in both outdoor events organised by the High Commission of India (HCI), London. Nature was very generous to Londoners by providing some very warm weather, full sun and a slight breeze. GCH organised their first In-House event in the auditorium after the pandemic, as well as an Amrit Vela meditation to welcome the sunrise on Summer Solstice. In addition to the physical events, reflections and practice suggestions were sent out daily for 21 days leading up to the International Day of Yoga, called : 21 Days to Make a Difference.

Holland Park – Friday 17th June

A special yoga event was organised by High Commission of India in the beautiful gardens of Holland Park in the Royal Borough of Kensington & Chelsea.

Around 30 BKs were present and participated in many of the physical yoga postures demonstrated that evening. Sushma Didi of Jaipur, who coordinates over 80 centres in the Jaipur Museum area, conducted a beautiful meditation session to the audience. The meditation was well received, as it was a great time to relax the body after several hatha yoga sessions.



Sister Jaymini and other sisters from GCH



Sushma Didi of Jaipur, Rajasthan, conducting a meditation



Sisters from GCH



Neil Patel of Chikri Yoga and team

Alexandra Palace – Tuesday 21st June

Around 40 BKs travelled early in the morning from GCH to the grounds outside Alexandra Palace to enjoy amrit vela in front of views of the London skyline on the longest day of the year. The weather was warm and the sunrise was beautiful, followed by delicious chai which reminding us all of Madhuban.



Brothers and sisters from GCH overlooking views of London



BKs welcoming the sunrise on the longest day of the year.

BAPS Swaminarayan's Neasden Temple – Tuesday 21st June

On International Day of Yoga itself, the High Commission of India had organised an event at the iconic BAPS Swaminarayan Temple, Neasden. Several BKs were present and participated in the full sun. Dignitaries present included the High Commissioner herself, Mrs Gaitri Issar Kumar, Deputy High Commission Mr Sugit Gosh, MP Bob Blackman, Lord Rami Ranger, and others.

Video by HCI :

www.youtube.com/watch?v=4LRfuGOcPNs&t=4788s



BKs were present at the iconic Swaminarayan Mandir, described as being Britain's first authentic Hindu temple and Europe's first traditional Hindu stone temple



BKs in the front line practicing yoga



Sister Dipti with the High Commissioner of India and staff and Neil Patel of Chikri Yoga



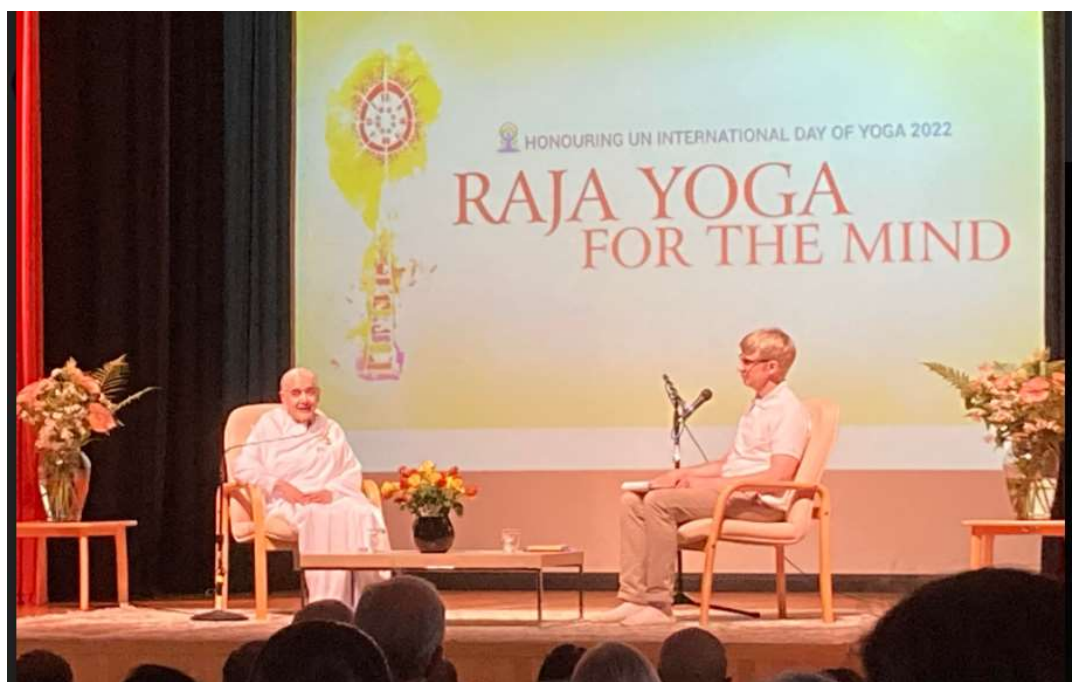
In-House Global Co-operation House event with Sister Jayanti – Thursday 16th June

Global Cooperation House opened its doors for a special event in the auditorium to honour UN International Day of Yoga 2022, with Master Yogi and Additional Administrative Head of The Brahma Kumaris, **Sister Jayanti**.

150 were present physically, as well as over 200 watching live online.

The conversation was in three parts with BK Matthew Earl enquiring from Sister Jayanti a basic understanding of what Raja Yoga for the mind means and what the practitioner experiences when practised and applied.

‘the mind is always connecting with something!’ ‘are we ready to reject that which is not useful to us?’



21 Days to Make a Difference

A small project was developed to allow everyone to reflect on their relationship with their mind. For the three weeks leading up to International Day of Yoga (1st June til 21st June) those participating had received an email each morning giving them thoughts to reflect on and practice.

The first week was to help 'Clean Your Mind', followed by week 2 'Train Your Mind', with week 3 to help 'Empower Your Mind' and connect to the Source.

Over a thousand people registered to the mailing list in a short time and very much benefitted on being on this journey together with others.

The 21 Days to Make a Difference reflections and practices are still available on the website for anyone wishing to make the journey again (or for the first time) in their own time. www.brahmakumaris.uk/21days

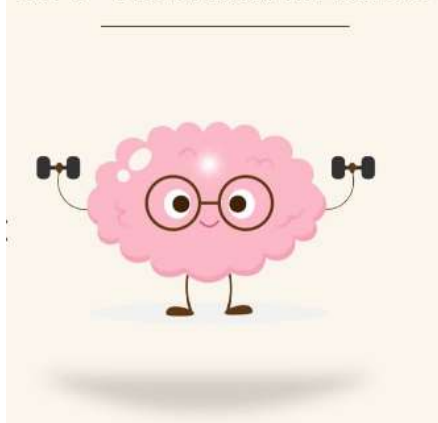


Leading up to
International Day of Yoga

Join us on a journey
to make a difference



WEEK 2 - TRAIN YOUR MIND
DAY 8 - DISCOVERING THE REAL ME



WEEK 3 - EMPOWER YOUR MIND
DAY 15 - EXPERIENCE SILENCE - PLUG IN



END