

## International Yoga Day Celebrations in Johannesburg, South Africa

On Sunday 24th June 2018, the Brahma Kumaris centre in Observatory Johannesburg held an awareness program, celebrating the 4th International Yoga Day. The program was fully supported by the Indian Consulate of Johannesburg and were represented by Mrs Maya Bhatt.



The program began with the rendition of the anthem of South Africa and India by a team of classical musicians, which created a beautiful ambience. The aim of the program was to create awareness of the different facets of yoga - that yoga is more than just exercises but a philosophy for life.

BK Manubhen Rama, offered an explanation on the health benefits of pranayama - and demonstrated simple exercises so that all could experience it and thereafter integrate it into their daily lives.



Sister Dipty, offered a discourse on Raja Yoga emphasizing that Raja Yoga is the yoga of the mind, and as we master our mind, we reclaim our sovereignty. The power to master the mind, comes through connection with the Divine. After a beautiful meditation we all gathered on the lawns of the centre and were taken through a hatha yoga demonstration with Mrs Maya Bhatt and her team. It was beautiful to see over a 100 people on the lawns of the centre, a rainbow of people of all races together in the warm winter sun doing hatha yoga together.

The morning concluded with a healthy vegetarian lunch for all.

