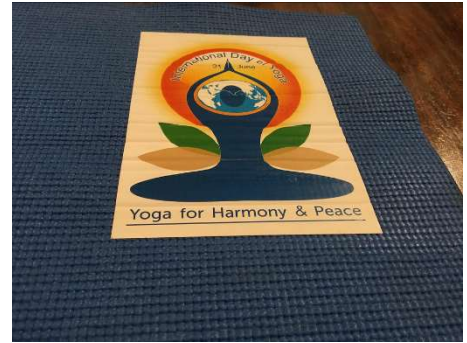


News on 4th International Day of Yoga

from London, UK

June 2018

There was a buzz around London, and beyond, as various organisations held events to honour and celebrate the 4th International Day of Yoga. BKs from Global Co-operation House were present at various locations around London.

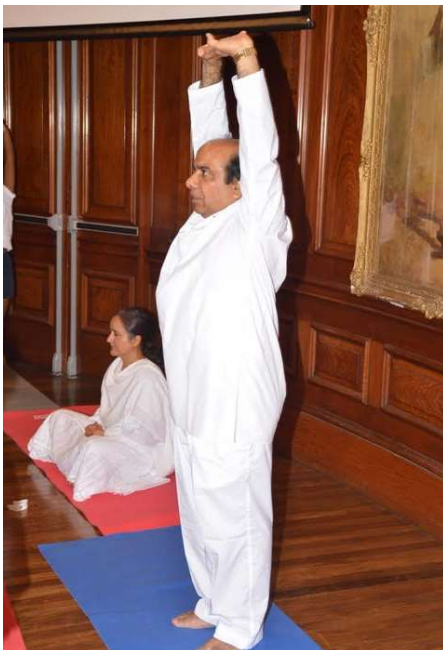


On the morning of 21st June, a group of BKs celebrated yoga at [India House](#), the offices of [High Commission of India](#) in Central London.

The event started with a short video by PM Narendra Modi, after which Brahma Kumaris commenced the yoga sessions.



BK Balram Talreja of Mumbai, a teacher of yogasana, pranayama and meditation for the past 28



years, took the participants through some exercises to align the



breathing and the body, followed by Raja Yoga meditation. BK Dipti and BK Shivali of GHRC sat in meditation throughout the session.



Various other yoga organisations were present, as well as approximately 20 children from the local school, with their teachers. The event continued outside India House, in India Place, with various forms of yoga celebrated, including a procession around India House led by Mr A.S. Rajan, Minister of Coordination.

In the afternoon of 21st June, BK Bhavna of London and BK Shivali of GHRC attended a celebration at **The House of Lords**, hosted by an APPG (all-party parliament group) on Yoga in Society. Various MPs and dignitaries were present, including friend of BKs - Lord Stone.

In the evening of 21st June, [Global Co-operation House](#) hosted a special evening of sharing, conversation and Raja Yoga meditation. There were over 50 present. Dadi Janki opened the programme with her pre-recorded video for IDY 2018, in which she encouraged everyone to take up Yoga for the mind, Raja Yoga, as well as doing yoga for the body.



Mr A.S. Rajan, Minister of Coordination at High Commission of India, who is a meditator, greeted everyone and shared how important Raja Yoga is to the world these days.



BK Balram Talreja took the audience through some simple exercises to align the breathing and the body. This was a good start to the evening to help energise the audience after a long day at work.



There then followed a conversation between BK Suman and BK Allan, facilitated by BK Toots, to explore how to access Raja Yoga. Both speakers shared their personal experiences of this 'connection' and the impact it has on their thinking and feelings.



On Tuesday 19th June, at Inner Space in Wembley, over 100 people gathered to mark International Day of Yoga, and support Refugee Week.

Demystifying Raja Yoga was the title of the event, which started with physical exercises conducted by Sharron O'Reagan, which was very well received. After an informative video, Sister Jayanti shared many practical tips on how to easily incorporate Raja Yoga in our day-to-day life. The programme finished with meditation.



On Saturday 23rd June, BKs were invited by the High Commission of India to participate in the one day celebration by [Swami Ramdev at Olympia Hammersmith](#). Swami Ramdev held sessions in the morning, followed by various organisation.

BKs opened their session with Dadi Janki's pre-recorded video for IDY 2018.



BK Balram Talreja then took the audience through some asanas, pranayamas, followed by meditation.



All organisations that came together for collaborative events around London, appreciated the opportunity to share yoga and the importance of yoga with Londoners, and look forward to reaching even more people next year.

End