



Light  
on  
Yoga  
Italia

21<sup>st</sup> J U N E 2 0 1 9

INTERNATIONAL  
DAY OF YOGA

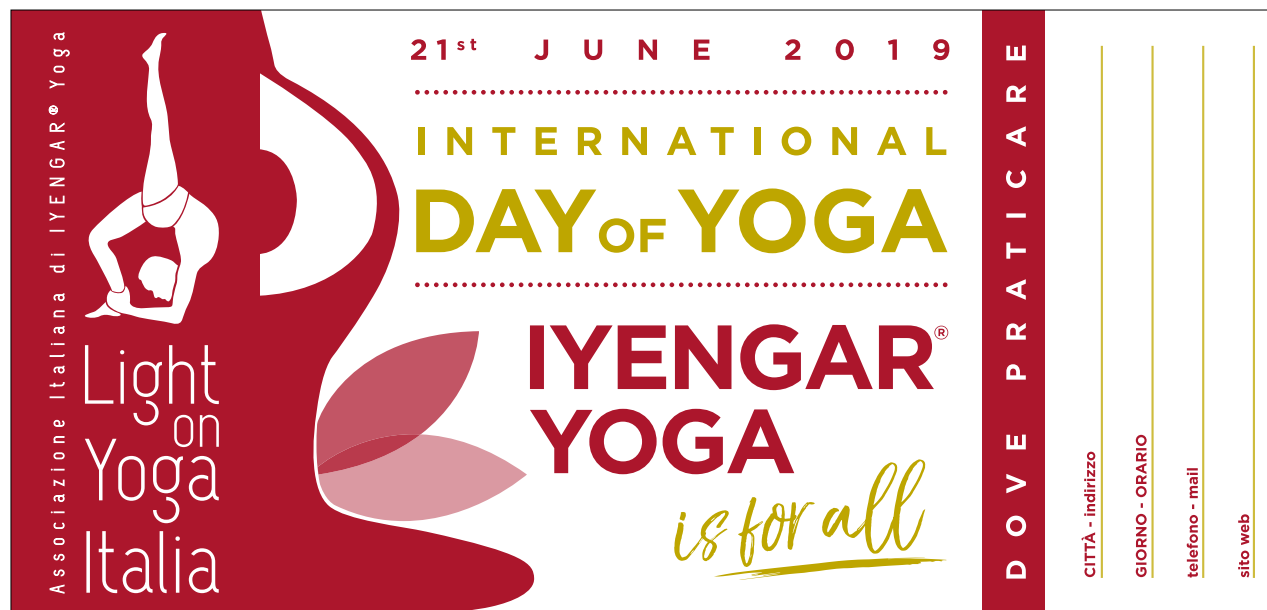
IYENGAR®  
YOGA

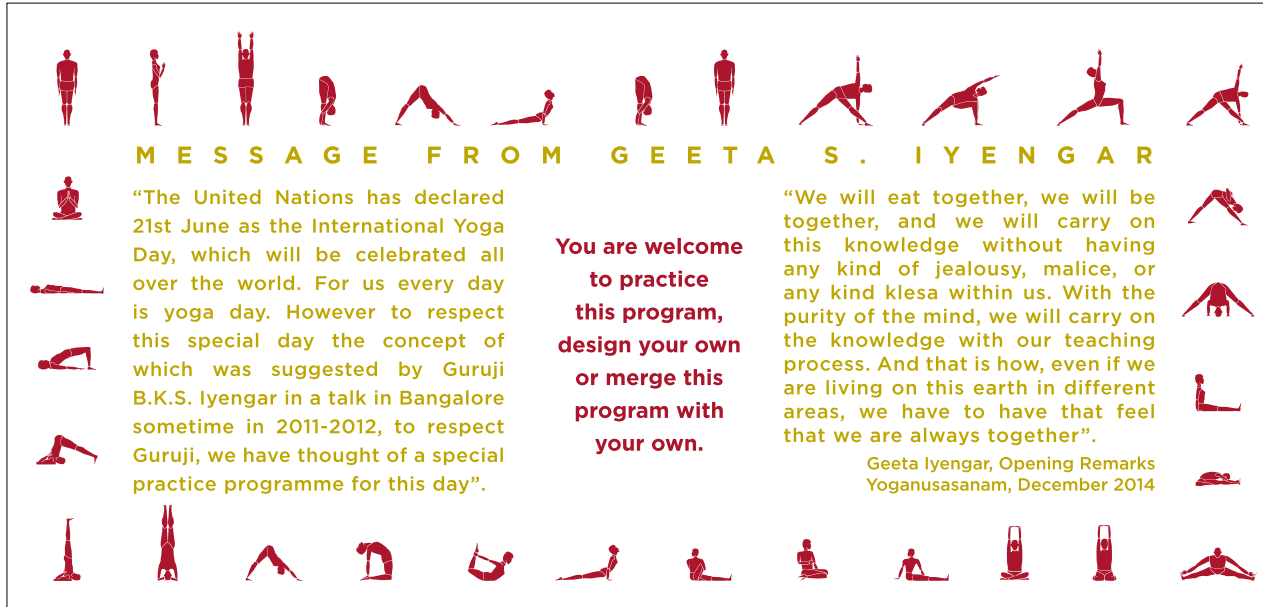
*is for all*

GUIDA ALL'UTILIZZO DEL MATERIALE



Cartolina-fronte1  
personalizzabile attraverso  
Adobe Acrobat Pro





All'interno della cartella, troverete anche i file per la stampa tipografica o digitale con i segni di taglio:





**Locandina-1**  
personalizzabile attraverso Adobe Acrobat Pro



## Locandina-2 personalizzabile a mano

Associazione Italiana di IYENGAR® Yoga



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**IYENGAR®**  
**YOGA**  
*is for all*



**MESSAGE FROM GEETA S. IYENGAR**

"The United Nations has declared 21st June as the International Yoga Day, which will be celebrated all over the world. For us every day is yoga day. However to respect this special day the concept of which was suggested by Gururji B.K.S. Iyengar in a talk in Bangalore sometime in 2011-2012, to respect Gururji, we have thought of a special practice programme for this day".

**You are welcome  
to practice  
this program,  
design your own  
or merge this  
program with  
your own.**

"We will eat together, we will be together, and we will carry on this knowledge without having any kind of jealousy, malice, or any kind klesa within us. With the purity of the mind, we will carry on the knowledge with our teaching process. And that is how, even if we are living on this earth in different areas, we have to have that feel that we are always together".

Geeta Iyengar, Opening Remarks  
Yoganusasanam, December 2014



**DOVE PRATICARE**

**Consulta il sito dell'associazione  
per trovare l'evento nella tua città**

**[www.iyengaryoga.it](http://www.iyengaryoga.it)**

### Locandina-3 non personalizzabile

All'interno della cartella, troverete anche i file per la stampa tipografica o digitale con i segni di taglio:

[illegible]

Associazione Italiana di Iyengar Yoga

21<sup>st</sup> JUNE 2019

INTERNATIONAL  
DAY of YOGA

**IYENGAR  
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**MESSAGE FROM GERTA IYENGAR**

"The United Nations has declared 21st June as the International Yoga Day, which will be observed every day of yoga till tomorrow. To express this special day the contact of which was suggested by Gurudev B.K. Sengupta to a high level committee in 2015, 2020. To respect Gurudev, we have thought of a special practice programme for this day."






**You are welcome**

To any practice

design your own

or merge this

program with

your own.

"We will start together, we will be together, and we will carry on our knowledge without leaving any kind behind within us. With the purity of the mind, and we will carry on the knowledge with our teaching process. And that taking care of our body and mind, different areas, we have to have that feel that we are happy to do it."

*Heard speech, Gurudev Ananda Kuriyan on 14th November 1974*
















**DOVE PRATICARE**

ASSOCIAZIONE ITALIANA DI IYENGAR YOGA

21° 1° JUNE 2019

INTERNATIONAL

# DAY OF YOGA



Light on  
Yoga  
Italia



**IYENGAR®**  
**YOGA**  
*is for all*







**MESSAGE FROM GEETA S. IYENGAR**

"The United Nations has declared 21st June as the International Yoga Day, which will be celebrated all over the world. For every day I give the honour to respect this sacred day the day of which was regarded (and still is) as the most auspicious day. In 2012, to respect Dharma, we have thought of a sacred practice programme for this day".

**You are welcome**  
to practice  
the program,  
design your own  
or merge this  
program with  
your own.







**DOVE PRATICARE**

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## T-shirt



alternativa stampa in rosso su t-shirt bianca



alternativa stampa in bianco su t-shirt rossa

## Formati per il web



Cover Facebook



Inserzione Facebook



Post Facebook



Cover evento Facebook



Post Instagram/Facebook



Instagram Story

## Colori di riferimento



**TINTA PIATTA**  
**PANTONE 187 C**

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**QUADRICROMIA**  
Cyan 22%  
Magenta 99%  
Giallo 83%  
Nero 15%

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**RGB**  
Rosso 166%  
Verde 25%  
Blu 46%

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**web**  
**#A6192E**



**TINTA PIATTA**  
**PANTONE 3975 C**

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**QUADRICROMIA**  
Cyan 32%  
Magenta 28%  
Giallo 100%  
Nero 0%

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**RGB**  
Rosso 182%  
Verde 167%  
Blu 45%

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**web**  
**#B6A72D**



GRAFICA

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Aprile 2019