



Light
on
Yoga
Italia

21st J U N E 2 0 1 9

INTERNATIONAL DAY OF YOGA

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 Guruji B.K.S. Iyengar in a talk in Bangalore sometime in 2011-2012, to respect Guruji, 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*



D O V E P R A T I C A R E