



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*



### 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*



## DOVE PRATICARE