



2nd International Yoga Day June 21st 2016 Berlin



For all enthusiastic Yogis, and for anyone
who wishes to try yoga – this day is for you!

GLOBAL ACTIVITIES



Asana exemplification

Yoga practice - 3 simple yoga postures practiced together

- Bhujangasana
- Sukhasana
- Vajrasana
- Starting hours for Germany: 12:00 pm/ 5:15pm / 3:30am (22nd of June)
- Duration: 30 min.
- Instructions at <http://yogaunited.org/asanas>



Heart of the World

Worldwide synchronized meditation

- Simultaneous start (GMT 4:22pm) in Berlin at 6:22 pm
- Take part wherever you are!
- Duration: 7+1 min
- Audio instruction at <http://yogaunited.org/heart>



Yang-Spiral

Organized group meditation in at least 35 cities

- Simultaneous start (GMT 4:30pm) in Berlin at 6:30pm
- Duration: 30 min
- latest arrival at 6pm
- Where? BeachMitte Caroline-Michaelis-Straße 8, 10115 Berlin
- Detailed description at <http://yogaunited.org/spiral>

BERLIN SPECIAL



A colourful programme over the whole city

All Yoga schools and Yogis of Berlin are invited to hold their own Yoga event. The result will be a diverse programme throughout the city! The entire programme can be found on <http://yogaunited.org/events> The site will be updated continuously.

Are you a Yogi already?

Offer a Yoga lesson or arrange with friends to practice together. Post your event on <http://yogaunited.org/submit>

COME ON IN – TAKE PART

Reaching beyond differences - From Divine Inner Peace to World Peace for All!

All options, all addresses and all details can be found on <http://yogaunited.org/events>

