



Harmony for Body, Mind and Soul

## Yoga in Daily Life

# INTERNATIONAL DAY OF YOGA 2022

This is the 8th year that the International Day of Yoga (IDY) has been celebrated around the world, since the first occasion on 21 June 2015. In recognition of the unexpected human tragedy caused by the Covid-19 pandemic, this year's celebration was given the theme, "Yoga for Humanity".

Yoga practice has a boosting impact on the immune system and also balances the nervous system, helping to relieve stress and anxiety, and build resilience. Consequently, starting or continuing yoga practice has been highly beneficial in helping people endure the difficult physical, mental and social circumstances caused by the pandemic, over the past couple of years.

On the International Day of Yoga, thousands of people celebrated with Yoga in Daily Life – from Oceania and Asia to Europe and the Americas. Wherever there are Yoga in Daily Life centres in the world, there were yoga events, classes and vegetarian picnics for this special occasion.

H.H. Vishwaguru Swami Maheshwarananda, founder of Yoga in Daily Life, and special guest H.E. Hemant Kotalwar, Ambassador of India to the Czech Republic, lead the main event in Mahaprabhu Deep Ashram, Strilky, Czech Republic.



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