

International Day of Yoga

Yoga – the union of body & consciousness

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

Today it is practiced in various forms around the world and continues to grow in popularity.

The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga.

The People's Day

Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131.

Why Yoga?

The World Health Organization has urged its member states to help their citizens reduce physical inactivity, which is among the top ten leading causes of death worldwide, and a key risk factor for non-communicable diseases, such as cardiovascular diseases, cancer and diabetes.

But yoga is more than a physical activity. In the words of one of its most famous practitioners, the late B. K. S. Iyengar, "Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life & endows skill in the performance of one's actions."



For further information: <http://www.un.org/en/events/yogaday/>

5 Ways to celebrate International Day of Yoga

1. Discuss the benefits of Yoga with your staff, volunteers & residents.
2. Encourage residents, staff & volunteers at your facility to try a yoga class.
3. Show you're proud to promote International Day of Yoga! Print & display our poster on the following page.
4. Even those residents who are less mobile can participate in Yoga.

[Here is a fabulous 10 minute video of gentle seated Yoga for seniors](#)

5. If weather permits, encourage an outdoor Yoga session for your mobile residents.

Messages that we receive through the media tell us that yoga is only for people who are young, athletic, able-bodied, and flexible. But that's not the truth. Yoga has gifts for all of us regardless of our physical condition, size, and ability.



