

**Consulate General of India
Sao Paulo**

7th International Day of Yoga celebrations

The 7th International Day of Yoga (IDY) will be celebrated by Consulate General of India, Sao Paulo, and Swami Vivekananda Cultural Centre, Sao Paulo through several events to be organized throughout the month of June 2021. The celebration is being restricted to online platforms due to the coronavirus pandemic.

2. The theme for International Day of Yoga celebrations this year is *“Be with Yoga- Be at Home”*. For the celebration of IDY 2021, the Consulate and Cultural Centre are partnering with prominent Yoga and Ayurveda Schools from Brazil and India to spread the message of Yoga and Ayurveda, and to ensure widespread participation in 34 virtual events being organised during 1- 30 June. These events are in partnership with 21 Yoga and Ayurveda professionals/institutions from the five states under the jurisdiction of the Consulate.

3. The IDY 2021 celebration events would focus on various aspects of Yoga, Ayurveda, including meditation and pranayama sessions, special talks on yoga philosophy and Ayurveda, and a Yoga Webinar.

- **Meditation Sessions:** Keeping the current mental state of people in mind, the Centre is focusing on having special meditation sessions as a part of the Yoga month. Special Vipassana, Vedic meditation and mantra chanting sessions are being organized focusing on the profound interconnection between the mind and body.
- **Talks on Ayurveda:** As a part of celebration of Yoga month the Centre has invited Yoga experts and practitioners from Brazil to deliver special talks on Ayurveda and its relationship with Yoga.

- **Yoga Sessions with Yoga School of Brazil:** Special Yoga classes with physical practices and demonstrations are announced. Experts from Raja Yoga, Hatha Yoga and Iyengar Yoga have been invited for these sessions. Special classes focusing on different parts of the body and different age groups will be held.
- **Talks on Yoga & Vedanta Philosophy:** As a part of the run-up events, the Centre has invited expert Yoga and Vedanta speakers to deliver lectures on topics related to Yoga and its philosophy highlighting the historical present-day benefits of Yoga.
- **Main event for IDY 2021:** The Consulate and the Cultural Centre will be organizing the main event for the celebration of International Day of Yoga on 20 June through the hybrid mode. The event would include address by Consul General, demonstration of Common Yoga protocol and cultural performances. The event will be streamed live on the social media platforms of CGI, Sao Paulo and SVCC, Sao Paulo.
- **Yoga Webinar:** As part of the main event, the Consulate and Swami Vivekananda Cultural Centre are collaborating with Kaivalyadham Yoga Institute, Maharashtra and IEPY, Yoga Institute Brazil to organize a Yoga webinar titled '**Meditation and Yoga: Connecting Body and Mind**' on **20 June**. The webinar will have Yoga experts from both Brazil and India and the speakers, include known names like Subodh Tiwari and Dr. R. S. Bhogal from Kaivalyadham Yoga Institute and Prof. Lia Diskin, Prof. Marcos Rojo, Nun Monja Coen and Dr. Cezar Deveza from Brazil. The webinar will highlight the physical as well the spiritual benefits of Yoga.
- **Yoga Quiz:** As a part of IDY celebrations, an online quiz Yoga Quiz contest titled '*The ancient tradition of Yoga*' will be announced on 12 June, on the social media platforms of Swami Vivekananda Cultural Centre and Consulate General of India, Sao

Paulo. The bilingual quiz will be open for Brazilians and Indian Community of Brazil. Names of the lucky winners will be announced during the celebration of 7th International Day of Yoga on 20 June.

- **Screening of Films of Yoga:** Two Yoga documentaries, '*Yoga: Harmony with Nature*' and '*Yoga: Grace Within*' will be screened on the social media platforms of the Consulate and the Cultural Centre. Efforts are being made to screen these films on the ASIA TV which is an interactive TV Channel sharing diverse content that links Asian and Latin American Culture.

4. **Collaboration with Heartfulness Centre, Brazil:** As part of IDY 2021 celebration, the Cultural Centre is also partnering with the Heartfulness Institute, Brazil to organize daily sessions from 1-21 June under the theme of '*Yoga for Unity and Wellbeing*' to introduce people to elements of Heartfulness i.e. Relaxation and Meditation. Rejuvenation and detox techniques to help deal with stress and complexities will also be a part of these 21-day session.

5. Flyers with details of the month-long activities to celebrate IDY 2021 are shared below. The events will either be live on the Facebook page of Swami Vivekananda Cultural Centre or will be organized through Zoom or Google Meet. The links for all the events with details of participation will be shared on Facebook page of Swami Vivekananda Cultural Centre

(<https://www.facebook.com/ICCRinSaoPaulo>)



Consulate General of India
São Paulo, Brasil



Swami Vivekananda
Cultural Centre
São Paulo, Brasil



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#India@75

#BeWithYoga #BeAtHome

DAILY ONLINE ACTIVITIES - JUNE 2021

1/6 (Tues) 4:00 pm HATHA YOGA FOR BEGINNERS <i>Fabiana Gaspar</i>	2/6 (Wed) 4:30 pm VIPASSANA <i>Newton Zimerman</i> 5:30 pm JAPA AJAPA <i>Claudia Ruschel</i>	3/6 (Thu) 4:00 pm RELEASING TENSIONS <i>Rosana Khouri</i>	4/6 (Fri) 4:00 pm HATHA YOGA PRACTICE I <i>Silvia Meireles</i>	5/6 (Sat) 4:00 pm HATHA YOGA PRACTICE II <i>Silvia Meireles</i>
6/6 (Sun) 4:00 pm PRANAYAMAS <i>Ligia Padilha</i> 5:00 pm MEDITATION <i>Ricardo Henrique</i>	7/6 (Mon) 5:30 pm EXPLORING THE RAJA YOGA <i>Juliana Vilarinho</i> <i>(Brahma Kumaris)</i>	8/6 (Tue) 4:00 pm CHAKRAS MEDITATION <i>Andrea Elias</i> <i>(Tathata Vrindham)</i>	9/6 (Wed) 7:00 pm 'JUST BREATH' (introduction) <i>Douglas Simplicio</i>	10/6 (Thu) 5:30 pm SUKSHMA VYAYAMA <i>Marcelo Peri</i>
11/6 (Fri) 4:00 pm VICHARA & VIVEKA <i>Deni Galdeano</i>	12/6 (Sat) 7:45 am IDY RIO <i>Victor R. N. Burns</i> <i>(Aliança Brasileira de Yoga)</i>	13/6 (Sun) 4:00 pm PRANAYAMAS II <i>Vera Edler</i>	14/6 (Mon) 4:00 pm VEDANTA & YOGA <i>Jonas Masetti</i>	15/06 (Tue) 5:00 pm AYURVEDA & YOGA <i>Margarete Mota</i>



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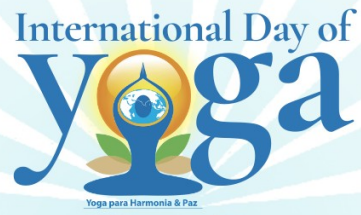
<p>16/6 (Wed)</p> <p>6:00 pm SELF-KNOWLEDGE AND MENTAL HEALTH <i>Babi Minamoto</i> (Sri Vivek Yoga Brasil)</p>	<p>17/06 (Thu)</p> <p>4:00 pm DESKTOP YOGA <i>Adriana Ambrosio</i> (Arte de Viver)</p>	<p>18/06 (Fri)</p> <p>4:00 pm MEDITATION <i>Ligia Padilha</i></p>	<p>19/06 (Sat)</p> <p>11:00 am UNFORGETTABLE EXPERIENCES III <i>Cris Cury/UNIBES</i></p> <p>4:00 pm KRIYA YOGA <i>S. Ishwarananda</i></p>	<p>20/06 (Sun)</p> <p>8:30 am INTERNATIONAL DAY OF YOGA <i>Swami Paramtej Monja Coen Marcos Rojo Lia Diskin Subodh Tiwari R.S.Bhogal Cesar Deveza</i></p>
<p>21/06 (Mon)</p> <p>11:00 am YOGA: HARMONY WITH NATURE (FILM)</p> <p>4:00 pm YOGA: GRACE WITHIN (FILM)</p>	<p>22/06 (Tues)</p> <p>7:00 pm VAJRAYANA YOGA <i>Cezar Lacerda</i> (Mahavega Yoga)</p>	<p>23/6 (Wed)</p> <p>4:00 pm RELEASING TENSIONS II <i>Rosana Khouri</i></p>	<p>24/06 (Thu)</p> <p>4:00 pm YOGA YESTERDAY & TODAY <i>Guilherme Romano</i> (Self-Revolution)</p>	<p>25/06 (Fri)</p> <p>5:00 pm MEDITATION FOR PEACE <i>Ricardo Henrique</i></p>
<p>26/6 (Sat)</p> <p>4:00 pm MINDFULNESS <i>Giselle Natsu Sato</i></p>	<p>27/06 (Sun)</p> <p>4:00 pm HATHA YOGA <i>Tiago Monteleone</i> (Arte de Viver)</p>	<p>28/06 (Mon)</p> <p>5:30 pm ANTAR DARSHAN <i>Claudia Ruschel</i> (BrasilIndia)</p>	<p>29/06 (Tue)</p> <p>4:00 pm ASHTANGA VINYASA <i>Sagar Karahe</i></p>	<p>30/06 (Wed)</p> <p>4:30 pm VIPASSANA II <i>Newton Zimmerman</i></p>



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partner institutions:





YOGA

for Unity and Well-being

21 days of Yoga

Towards the International Day of Yoga 2021
Practice yoga and meditation with Swami
Vivekananda Cultural Centre, Consulate General
of India, São Paulo and Heartfulness Institute

Starting June 1st, till June 21st, 2021

Visit us

<https://www.facebook.com/ICCRinSaoPaulo/>

Programa

WORKSHOP

1/6 • TERÇA-FEIRA • 20 H

Introdução ao método Heartfulness: O que é Meditação HFN -
Relaxamento e Prática de Meditação

WORKSHOP

2/6 • QUARTA-FEIRA • 20 H

Introdução ao método Heartfulness: Método de Limpeza, Purificação
e Rejuvenescimento - Relaxamento e Prática de Meditação

WORKSHOP

3/6 • QUINTA-FEIRA • 20 H

Introdução ao método Heartfulness: Como cultivar a Conexão Interior
(Oração) - Relaxamento e Prática de Meditação

WORKSHOP

4/6 • SEXTA-FEIRA • 20 H

Introdução ao método Heartfulness: Pranahuti, Transmissão
Ióguica - Relaxamento e Prática de Meditação

SESSÕES PRÁTICAS

5/6 E 6/6 • SÁBADO E DOMINGO • 9 H

Práticas de Yoga – Prática de Meditação – Ashtanga Yoga

SEÇÕES PRÁTICAS

DE 7/6 A 11/6 • SEGUNDA A SEXTA • 7 H E 18 H

MANHÃ: Prática de Meditação e leitura

NOITE: Prática de Limpeza e Purificação e leitura

SESSÕES PRÁTICAS

12/6 E 13/6 • SÁBADO E DOMINGO • 9 H

Práticas de Yoga – Prática de Meditação – Evolução da Consciência

SEÇÕES PRÁTICAS

DE 14/6 A 18/6 • SEGUNDA A SEXTA • 7 H E 18 H

MANHÃ: Leitura e prática de meditação

NOITE: Limpeza e Meditação Heartfulness

SESSÃO PRÁTICA

19/6 • SÁBADO • 9 H

Práticas de Yoga – Prática de Meditação – A Prática Diária do HFN

SESSÃO PRÁTICA

20/6 • DOMINGO • 9 H

Práticas de Yoga – Prática de Meditação – O Guia HFN

PROGRAMAÇÃO ESPECIAL O DIA TODO

21/6 • SEGUNDA

Meditação Heartfulness