

Embassy of India  
Amman

**Report on celebration of second international day of Yoga in Amman – 21<sup>st</sup> June 2016**

**Events leading up to International Yoga Day**

In the run up to the main event on 21.6.2016, the Embassy collaborated with the Jordan River Foundation and the American Community School in organizing and participating in 108 Sun Salutation fund raiser on 27.5.2016 to support the child safety program of JRF.

**Curtain Riser to International Yoga Day on 20.6.2016**

The Mission organized in collaboration with the local yoga studios, yoga demonstrations in the historic and iconic site of Citadel in Amman which has the ancient Hercules temple. It was a great honour for this Mission to get an opportunity to show case Yoga on that significant location of Jordan.

**Main event of International Yoga Day celebrated on 21.6.2016**

The Embassy of India, Amman in collaboration with eleven local Yoga institutes, celebrated the second “International Day of Yoga” under the celebrity patronage of Jordan FIFA U-17 Women’s football team on 21<sup>st</sup> June 2016 at hotel InterContinental, Amman from 5:15 to 7:45 pm. The following Yoga Institutes/ studios participated:

- I. Art of Living
- II. Ananda Studio
- III. Namaste Zone
- IV. Over the Rainbow
- V. One with Nature
- VI. GX Gym
- VII. Fitness Awareness CEC Training
- VIII. Inta Ana
- IX. Sarah Ayoubi
- X. Chi centre
- XI. Flow Spirit

The event commenced with a 'Yoga For Peace' march from the premises of Embassy of India, Amman located at 1<sup>st</sup> Circle and concluded at InterContinental Hotel, Amman between 2<sup>nd</sup> and 3<sup>rd</sup> circle. A large number of Yoga enthusiasts from all walks of life as well as their family members participated in the march.

4. The program at the InterContinental hotel began with relay of the speech by Honorable Prime Minister Narendra Modi and Honorable External Affairs Minister Smt. Sushma Swaraj. The Ambassador spoke about Yoga and its relevance in the current context. Honorable Grand Mayor of Greater Amman Municipality, who was the chief guest in the function, delivered a speech delving on the philosophy of Yoga and self-discipline. The Embassy felicitated the Yoga teachers with certificates of appreciation for their contribution in propagating the cause of Yoga in Jordan and making the particular event a grand success. The certificates were handed out by the Grand Mayor of Amman.

5. This was followed by a keynote address by the representative from Jordan's Women U-17 World Cup team Ms Rana Al Hussein, (Head of Women's Committee) who spoke about Yoga and inner peace.

6. Different styles of Yoga demonstrations and meditations, including breathing techniques, Surya Namaskar, Ashtanga yoga, hatha yoga and Chakra yoga were performed by the participants under the guidance of the Yoga instructors. The program culminated with breaking of fast in keeping with the tradition of holy month of Ramadan. There were over whelming response to this event from the local population.

7. The event was given wide coverage in the local media.

Amman, 21<sup>st</sup> June 2016