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## International Yoga Day at Michigan Capitol <sup>[1]</sup>

### EVENT DATE:

Friday, June 21, 2019 - 11:00am to 12:00pm

International Yoga Day 2019

June 21, Friday 11am-12pm

100 N Capitol Ave

Cost: Free

Contact Info: [mihir.sahoo@artofliving.org](mailto:mihir.sahoo@artofliving.org) <sup>[2]</sup>

Link to Web Listing: <http://tinyurl.com/YogaDayMi2019> <sup>[3]</sup>

Description: We invite you all to come and celebrate this special day dedicated to be healthy, in peace and happiness in our Michigan community by doing Yoga and Meditation, lead by our expert teachers. In 2014, the United Nations General Assembly declared June 21 the International Day of Yoga.

The word 'yoga' is derived from the Sanskrit word 'yuj,' which means 'to unite or integrate,' and one objective of a yoga practice is to harmonize the body, spirit, and mind through various breathing exercises, yoga poses (also called asanas), and meditation. Looking forward to see you.

NOTE: Please bring your own Yoga Mats (we may have some extras to share if some dont have it)

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