



सत्यमेव जयते

घर घर से YOGA FROM HOME



International Day of Yoga 2020

7 June	10 am	Art of Living Toronto	Immunity Boosting with Julia Arbuckle
8 June	7 am	Patanjali Yoga Canada Ottawa	Strengthening Immunity with Dr. Kumar Bharti
	7 pm	Patanjali Yoga Canada Toronto	Pranayama with Uma Bhalla
9 June	5 pm	Art of Living Ottawa	Stress Management and Immunity Boosting with Mr. Evan Runge and Ketevan Chigogidze
	7 pm	Hindu Swayamsevak Sangh, Toronto	Yogasan for General Health
10 June	5 pm	Patanjali Yoga Canada Ottawa	Managing diabetes and heart related problems through yoga n Ayurveda with Dr. Kumar Bharti
	6 pm	Brahmakumaris	Yoga of the Mind and Yoga of the Body
	6:30 pm	Art of Living Toronto	Immunity Boost and wellness with Bélen Montefalcone
11 June	7 am	Yog Deep with Gayatri Ramesh	Introduction to Yoga Practice
	6 pm	Arkaya Yoga with Maitreyi Yogacharini	Emotional Energy and Stress Management
	7 pm	Isha Yoga	Yoga for Mental Health
12 June	5 pm	Arogya Yoga with Nivedita Joshi	Integration of strength with spiritual discipline
	6:30 pm	Art of Living Toronto	Immunity Boost and wellness
	9:30 pm	CINS-SVYASA-VYASA Canada	Yoga in Covid-19 Management with Padmashri Dr. HR Nagendra, Bengaluru.
13 June	10 am	Patanjali Yoga Canada Toronto	Yogasan with Ravi Suhag
	2 pm	Yoga for happiness with Tarana Kaur	Melting Anxiety
	6 pm	Yoga with Ira Trivedi	Staying Young and rejuvenating your body
14 June	10 am	Ashtang Yoga with Ajay Tokas	Integration of strength with spiritual discipline
	2 pm	Sookshma Meditation with Dr. Suman Kollipara	Yoga for Wellness and Oneness
	12 pm	Isha Yoga	Yoga for Respiratory Health
	6 pm	Brahmakumaris	Introduction to Raja Yoga
15 June	7 am	SunMoonYoga Montreal	Sun salutations and stretching asanas with Marianne Thorborg
	2 pm	Yoga with Nutan Thakur	Yoga & Pranayam
	7 pm	Yoga with Arunita	Yoga Session to alleviate Back Pain
16 June	7 am	Art of Living Ottawa	Stress Management and Immunity Boosting with Mr. Evan Runge and Ketevan Chigogidze
	5 pm	SunMoonYoga Montreal	Pranayama, focusing and mind calming, with Marianne Thorborg
	6 pm	Yoga with Gayatri Kaul	Pranayam & Healing Methods
	6:30 pm	Art of Living Toronto	Immunity Boost and wellness



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17 June	5 pm	Yoga for the World	Yoga for all ages
	5 pm	Maharshi Sadafaldeo Ashram	What is Yog with Saint Shri Naam Deo
	7pm	Hindu Swayamsevak Sangh, Toronto	Yogasan for General Health
18 June	7 am	Yoga: Harmony with Nature	Mental & Physical well-being and happiness
	6 pm	Yoga with Neeraj Kumar	Breathing Techniques
	7 pm	Brahmakumaris	The Brahmakumaris: Service in Canada
19 June	4 pm	Yoga: Aligning to the Source	Mental & Physical well-being and happiness
	5 pm	Art of Living Ottawa	Yoga for Parliamentarians
	7 pm	Isha Yoga	Yoga for Success
20 June	955 am	Prime Minister Shri Narendra Modi's Greeting for IDY 2020	
	10 am	Exclusive Yoga Session with Baba Ramdev	
	2 pm	6th International Yoga Festival and Health Expo	
	6 pm	Special Message from Pandit Sri Sri Ravi Shankar	
	630 pm	Ayurveda for Deeper Yogic Practices with Dr. Shiksha Thakur	
	730 pm	Launch of ICCR's short film "Spirit of Yoga"	
21 June	830 am	Online Yoga Protocol with Art of Living and Special Meditation with Pandit Sri Sri Ravi Shankar	
	9 am	Streaming of Common Yoga Protocol	
	10 am - 1 pm	Yoga sessions by Panorama India -Yoga for Seniors -Yoga for Kids -Yoga for Immunity	
	6 pm	Yoga tools for well being with Isha Yoga and a special message from Sadhguru Jaggi Vasudev	
	7 pm	Namaste Live with Panorama India	
	730 pm	Sailing through Turbulent times with Brahmakumaris Sister Shivani	
	8 pm	Holistic Health and Education in Canada by ViISHWA - VYASA Canada with Guruji Dr. Hr Nagendra, Padmashri Swamis Dr. Satya Prakash, Dr. Manjunath and Yogashri Satyam Dr. Preeti and Vyasa Community.	

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All timings are mentioned in EST