

OVER ONE THOUSAND AND FIVE HUNDRED PRACTITIONERS CELEBRATE INTERNATIONAL DAY OF YOGA - IDY – 2007, June, 24



Over one thousand and five hundred practitioners

Once again, over 1500 practitioners of this ancient practical Philosophy of Life, among professors, enthusiasts, adults and children, have gathered in the celebration of International Day of Yoga - IDY, this time at Estádio do Restelo in Lisbon.

The event was promoted by the **Yoga Lusa Federation - FLY** and by the **Yoga Lusa Association - ALYO** in association with the main Schools, Associations and Federations of Yoga from all over the country and the world. Estádio do Restelo was transformed in a huge demonstration stage for Advanced Yoga, culture, arte, beauty and magic.

This year's theme – **THE RICHNESS OF CULTURAL DIVERSITY AND RELIGIOUS ECUMENISM** – was celebrated in the next Sunday after the solstice of Summer (21st. June). It was a day on which Light, Wisdom, Cosmic Consciousness, Love of the Planet, Ecumenism and Inter-Ethnic Fraternity were exalted at one voice. On this same day, Portugal is submitting its request for a World Holiday on the summer solstice.



Sandra Xavier from TÁNDAVA – and OMKÁRA Choir

The program began with a fantastic **Demonstration of Advanced Yoga by teacher Sandra Xavier**, ALYO Vice-President, the best European Yoga demonstrator and one of the World's best, accompanied by OMKARA Choir and Orchestra from ALYO. It was a moment of unique beauty and technique which reinstated the potential of this millennial philosophy for the integral development of the Human Being.

It was in this joyous ambiance, and before many and notable national and international individualities from all sectors of society, that the Official Opening of the Celebration took place.



The main Religions of the World holding hands for World Peace



The representatives of India's Embassy, of the Ministry of Culture, the Ministry of Health, Deputies of the Parties with siege at the Republican's Assembly, as well as the representatives of the more important religions of the world – Catholic Church, Hindu Community, Islamic Community, Buddhist Portuguese Union, Anglican Church, Israeli Community and the Abraamic Forum – were present at the Solemn Opening of the International

Day of Yoga - IDY. ALYO's President, Master Jorge Veiga e Castro, Great International Yoga Master, asked the representatives of all the Religions present to hold each other hands, in a gesture that was imitated by all those attending, forming a huge human ring, in representation of the millennial Philosophy of Yoga, which means "to connect".



The extraordinary presentation of Borislav Nicolov

The Solemn Opening of the International Day of Yoga - IDY for Children, a sign of hope in the future's sustainability, touched in a special way all the participants, with its harmony and great beauty of the Demonstration of Yoga in Pairs – Child and Adult. Professor Rosa Xufre, director of the Department of Yoga for Children, at ALYO, has been dedicating her attention to younger practitioners, for several decades now, in what concerns Teaching and Training.



Over two hundred children present at the Estádio do Restelo

During the morning, there were several performances by artists such as EZSpecial and Rão Kyao, the wonderful voice of the counter-tenor **Luís Peças**, demonstrations of Advanced Yoga by **ALYO practitioners** and by the European Champion of Artistic Yoga - **Borislav Nikolov** – and the performance of the President of the French Federation of Traditional Yoga, **André Riehl**, a world specialist in Mantra.



EZSpecial



Rão Kyao and Artistic Yoga



Rão Kyao, a real “Comendador”

During the celebration, the former first lady **Maria Barroso**, president of the Foundation Pró Dignitate handed to the representative of the High Commissionaire of UNO, **António Guterres**, Mrs. Maria do Rosário Carneiro, the “**Sérgio Vieira de Mello Award**”, with which ALOY distinguishes every year a personality who has worked for Fair Globality, Inter-Ethnic Equality and Fraternity.



Maria Barroso – and the “Sérgio Vieira de Mello Award”

The Highlight of International Day of Yoga - IDY was the Salut to Mother Nature, **Prakrti Namaskára**, a **Mega Class (the largest in the planet)** given by **Professor Sandra Xavier**. Before enthusiasts and practitioners she exemplified and transmitted, in a deep and beautiful way, the most powerful practice of Yoga. A demonstration accompanied by the Tándava – the elite of Advanced Yoga of ALYO. The Solemn Closure of the First Part saw the participation of the President of PPM and the Independent Deputy of PSD, Nuno da Câmara Pereira. com a intervenção do Presidente do PPM e Deputado Independente do PSD, Nuno da Câmara Pereira.

During the afternoon, and after a vegetarian lunch with a Menu Competition, the program went on with musical performances by **Dazkarieh**, **Oriental Dance**, **Kirtana by OMKÁRA** conducted by **Goreti Rodrigues** with the voice of Susana Freitas and sitar player Ana Guerreiro; the inspiring music of **Eduardo Ramos**, playing Lute, the fabulous Sitar of **Franklin Pereira**, and several demonstrations of Advanced Yoga.



More than twenty Yoga institutions from all over Portugal and the World

The International Day of Yoga - IDY **involved more than 20 Schools, Associations and Federations of Yoga from all over the country and the World**, such as: Federação Lusa do Yoga (FLY) and Associação Lusa do Yoga (ALYO) – the organizers - Federação Internacional do Yoga, Aliança Europeia do Yoga, Union Européenne de Yoga, Federação Escandinava do Yoga, the European Champion of Artistic Yoga, Federação Francesa do Yoga, Hare Krishna, Brahma Kumaris, Ashtanga Yoga, OKC / Tibetanos, Associação Portuguesa do Yoga, Yoga / Ginásio Clube Português, Secção do Yoga da Associação Académica de Coimbra, Portuguese representatives of Hermógenes Association and OM Shanti.

ALYO's President, Master Jorge Veiga e Castro, paid homage to the First Yoga Professor in Portugal, Maria Helena de Freitas Branco, with the help of her granddaughter, Sofia Sá da Bandeira, giving her a Yoga sculpture.



The homage to the first Yoga Professor in Portugal - Maria Helena de Freitas Branco and her granddaughter Sofia Sá da Bandeira

Thus were celebrated moments of Harmony, Beauty, Happiness, Fraternity and Integral Development, reigniting the lights of a planetary sky that one wishes stronger by the day.