

## International Day of Yoga - IDY – 2008



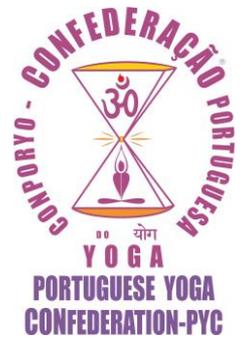
Under the motto “**For the Needy and Oppressed**”, last Sunday at Maia Stadium (in Porto) took place the **International Day of Yoga - IDY**, an International initiative by the **Portuguese Yoga Confederation – CONPORYO**, **Yoga Lusa Federation – FLY** and the **Yoga Lusa Association – ALYO**, presided by the **Great International Yoga Master - Jorge Veiga e Castro**.



**DIA MUNDIAL do YOGA - 2008**  
**MAIA - Grande PORTO JUNHO 22**  
 Estádio da Maia - 10h

WORLD'S DAY - June, 21  
 DIA MUNDIAL - Junho, 21

ecumenismo  
**pelos Carenciados e Oprimidos**  
 ecumenism for the Needed and Oppressed Ones  
 Informações: 968 849 043 e 217 802 810



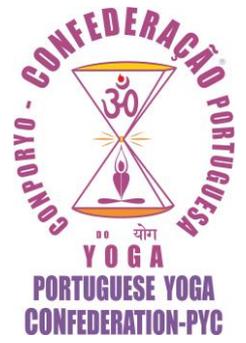
Celebrated every year since 2001, on the Solstice, **June 21st**, the **biggest day of the Year**, **Day of Life**, of **Humanity**, of **Intelligence and of Sustainability** (and for economic-objective reasons, always celebrated on the 1st Sunday immediately after the Solstice), gathering every year hundreds of Yoga practitioners, from all over the country, from North to South, amongst adults and children, that gather on the grass to practice on a Mega Yoga Class.



This year the Commemorations highlighted the war victims from Palestine and the **Sérgio Vieira de Mello Award** was handed to the deceased child **Mohamed Al-Dura**, through his father **Jamal Al-Dura**, represented by the Palestinian Embassy. This Award aims to stand out contributions to **Child Protection, World Peace, Global Fairness and Sustainable Development**.



Also highlighted, the **Darfur Conflict Victims**, namely the children, with the presence and testimony of journalist **Paulo Moura**, the representatives of the "For Darfur" Campaign and of International Amnesty.



Amongst several personalities in this Event, we highlight **Her Excellency the Ambassador of India**, who made the Solemn Opening of this Day, and of the **Mayor of Maia Town Hall**, on a memorable moment where symbolically dozens of doves were freed for World Peace, as well as the representatives of the main politician parties.



Also joined this day, several Yoga personalities coming from India and from all over the World, such as: the **Administrator of Keivalyadhama Yoga Institute**, from Lonavla (the sole Yoga entity acknowledged and supported by India Government); the **President of the Yoga Teachers Dutch Federation** and the **President of the Yoga European Council**; the representatives of the **International Yoga Federation**; not forgetting the **National Yoga Schools** that as in previous years were represented, such as the **Buddhist Union Association of Portugal**, the **Brahma Kumaris**, **Hare Krshna**, etc... also the regular presence of the **Hindu Community of Portugal**, this year with **Svámin Mukundánanda Jí** and **Svámin Sadyojathah** representing Svámin Shrí Shrí Ravi Shankar.



The Program continued with **Kírtana** by the **OMKÁRA** directed by **Goreti Rodrigues** and **Advanced Yoga Demonstrations**.



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 for Children. 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.



The Highlight of International Day of Yoga - IDY was the **Purusha 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.

On a day with a vast program there still was a word to highlight the benefits of Yoga on Fibromyalgia patients, with testimonies from practitioners and from the Medical Department of ALYO and the speeches of MYOS and APDF representatives. Also present, the AMI (International Doctors Association) and the Red Cross.

This International Day of Yoga - IDY, for its importance, prominence and singleness, both on National and International levels, is yet a candidate at the UN/UNESCO to First World Holiday – Lucid and Fraternal Humanity. It is a Day for World Peace.