

India celebrates yoga at the Invalides

On June 19th, the Indian Embassy in Paris organized an exceptional morning at the Invalides. For its 7th edition, the not-to-be-missed event of Indian culture in the capital once again put yoga in the spotlight, to the delight of the participants. The event, which was free and open to all, invited participants to discover or perfect the practice of traditional yoga in the presence of teachers from the famous Sivananda association. A long-awaited celebration after the cancellation of the 2020 edition. On the program: hatha yoga, Vedic music and chants, stands and activities, on the eve of International Day of Yoga.

The powerful benefits of yoga

A branch of Ayurveda, the traditional Indian medicine, yoga is a true philosophy. It is called hatha yoga to describe its most traditional approach, based on the postures "asanas", the breaths "pranayama" and meditation. Helps to release physical and mental tensions, hatha yoga balances the body and mind while strengthening the immune system. Practiced in India for thousands of years, the discipline has found its way into the daily lives of many Westerners in search of serenity and vitality. Since 1977, the Sivananda Association Paris has been transmitting the practice in its purest form. On the eve of the first day of summer, the mats were filled with the energy of yogis and yoginis guided by Swami Kailasananda, director of several Sivananda Centres around the world.

A symbolic reunion

In 2019, the meeting had gathered no less than 200 people at the foot of the Iron Lady. After the cancellation of the event last year due to the health crisis, the Indian Embassy in Paris went all out to celebrate yoga and welcome the public in complete safety. While in recent months, video classes have been developed to accommodate confined spaces, helping to make yoga more accessible, there is no substitute for a shared, outdoor practice. Did you know that the word yoga comes from the Sanskrit word yug, which means "connection"? An experience of resilience, this monument of Indian culture invites us to nourish a new connection to ourselves and to others.

India's gift to humanity

Launched by India's Prime Minister Narendra Modi, International Yoga Day celebrates an ancient wisdom that has become a global trend every June 21. Born in the foothills of the Himalayas more than 5,000 years ago, yoga has crossed eras and cultures to adapt to contemporary needs. In the wake of an unprecedented global pandemic, the practice of traditional yoga is now contributing to the emergence of a collective consciousness of peace, health and solidarity. Universal values celebrated in an event carried by the Embassy of India in Paris with its partner associations, and relayed to Juvisy (91). The next yoga event will take place in the Parc de la Villette in 2022. More information on <https://www.eoiparis.gov.in/yoga.html>