



YOGA

for Unity and Well-being

100 days of Yoga



heartfulness
purity • wisdom • clarity

YOGA

for Unity and Well-being is an introduction to the world of Yoga and a message of harmony and peace.

It is a year-long exploration of the wisdom and practical approach to health and well-being that Yoga offers to all of us.

The leading institutions and schools of India are coming together to present the best of Yoga, from ancient to modern times.

The program starts with 100 days of Yoga, from 14 March to 21 June 2021, culminating in the International Day of Yoga.

All activities will be free of charge worldwide in as many languages as possible.



100 days of Yoga

The participants will have opportunities to learn the fundamentals of yogic philosophy at the root of this incredible heritage, through the most prestigious teachers available today. This program promotes yoga and will bring more people to practice and maybe to become professionals and enrol in the different schools that would have offered their teachings.

INAUGURATION (virtual)

14 March 2021 5 p.m. IST

100 DAYS OF YOGA

March to June 2021

75 practical Yoga sessions

30 lectures and additional webinars

Practice and learn with Yoga masters

INTERNATIONAL DAY OF YOGA

21 June 2021

Program

PRACTICAL SESSIONS

MONDAY TO SATURDAY 6:30 - 7:30 A.M. (Indian Standard Time)

Yogasana and Pranayama practice with trainers from different schools followed by guided meditation.

Daily Yoga classes presented by all the partnering Yoga schools.

LEVEL Beginner

PLATFORM Multiple platforms, including social media, TV, and internal channels.

Watch on Youtube youtube.com/yoga4unity

KNOWLEDGE SESSIONS

WEDNESDAY AND SATURDAY 5 P.M. (Indian Standard Time)

Lectures on specific topics related to Yoga taken by experts from various renowned Institutes.

MEDITATION WITH DAAJI

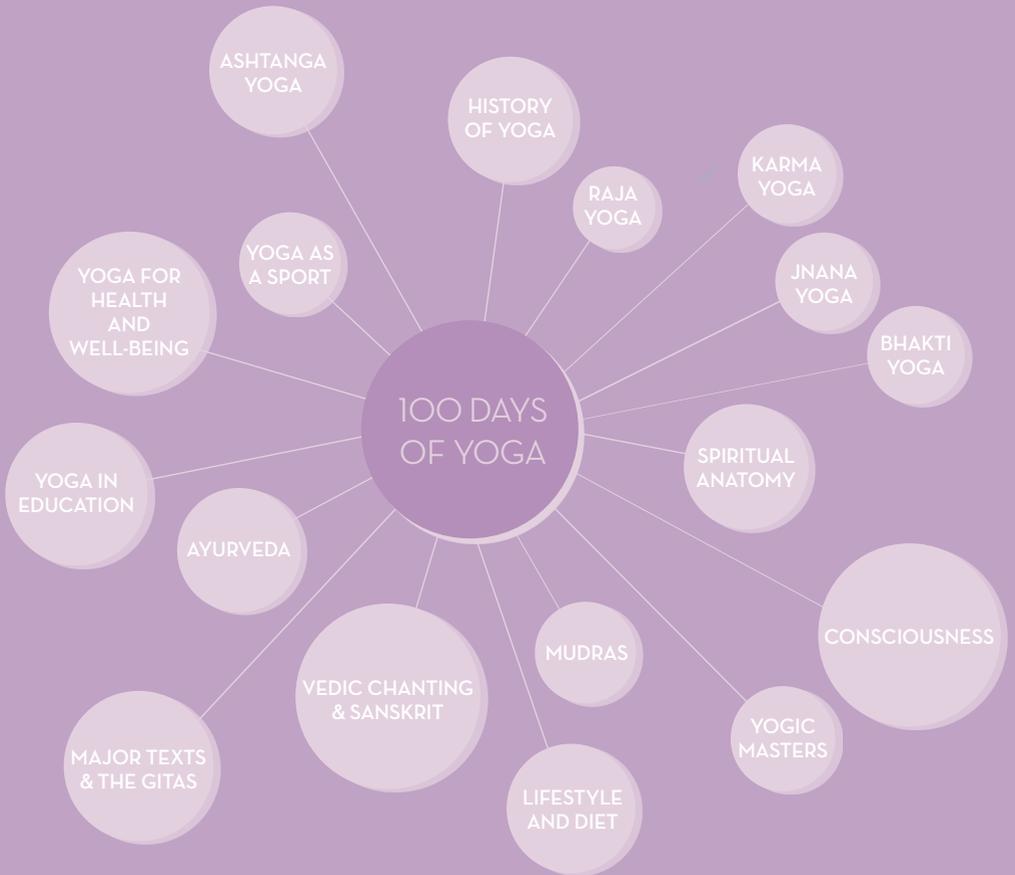
SUNDAY 8:45 - 9:20 A.M.

Guided Heartfulness meditation for all, from beginners to adepts.

MASTERCLASSES WITH THE EXPERTS

An opportunity to listen and learn directly from some of the most experienced yogis in the world today.

Content



Participants will have access to reading material, videos and podcasts from all the partnering organizations.

Participating organizations



heartfulness
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YOGA4UNITY ORGANIZATION COMMITTEE

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VISIT US [Hfn.link/yogaforunity](https://hfn.link/yogaforunity)

YOUTUBE CHANNEL youtube.com/yoga4unity