



सत्यमेव जयते

**Consulate General of India
Saint Denis
International Day of Yoga 2017 – Programmes**



Sl. No.	Venue	Date	Program	Collaborators / Contact Details
1	Saint Denis -Petit Stade de l'est	21 st June 2017 09.00 to 13.00	IDY Main event.	ARRCC Mme Sabin Pauline Armoudam 0692663634
2	Saint Denis - Champ-Fleuri, Dojo Régional and Municipal Office Sports	19 th to 24 th June 2017 8.30 to 20.00	Yoga, Ayurvedic consultations, massages and conferences	ARRCC Mme Sabin Pauline Armoudam 0692663634
3	Saint Clotilde - Indian Cultural Centre	17 th June 2017 11.00 to 12.30	Yoga Workshop	M. Ragesh - 0693404019
4	Saint Clotilde - Indian Cultural Centre	19 th to 23 rd June 2017 12.00 to 14.00 17.00 to 18.00	Flash Meditation and Meditation Creative	Mme Cécile LECOMTE - 0692859254
5	Saint Pierre - Centre de Ressources Indiennes, 13 rue Maurice Janicot, 97410	21 st June 2017 8.30 to 17.00	8h30 Yoga : initiation à SURYA NAMASKAR 9h45Pranayama l'art de respirer 10h15 Asanas et ajustements 10h45 Atelier cuisine & recette buffet végétarien indien 13h30 Projection du film « Ayurveda l'Art de Vivre » 16h00 Méditation sur les Chakras 16h30 Partage & Discussions 17h00 Conférence - Ayurveda & Yoga la santé autrement	Tamij Sangam Association Mme Gangama Sylvie 0692 63 15 03
6	Saint Suzanne - Salle de Fête Bocage	21 st June 2017 08.00 to 16.00	08.00 Welcome 08.30 Teaching techniques posture breathing relaxation etc 10:00 the time for the Energetic Tea and Fruit 11.00 Official Speech 11.30 Yoga Silence Energetique Breathing and rest 12.30 Lunch 14:00 Salutation sun and moon 15:00 Therapeutic Yoga Siddavethic Massage	STYM Yoga Association Yogacharya Nilamegame 0692 870375
7	Saint Suzanne - Chinmaya Mission Reunion, 10 rue Sainte- Vivienne.	21 st June 2017 15.00 to 16.00	Special initiation to Yoga for Kids	M. Ishan Chaitanya 0692 817955
8	Saint Suzanne - école Sainte- Vivienne	23 rd June 2017 10.00 to 12.00	Initiation to Yoga for a class of 10 years old children.	M. Ishan Chaitanya 0692 817955
9	Saint-Marie - Résidence la Miséricorde, 5 rue du Frère Scubillon.	19 th June 2017 09.00 to 11.30	Yoga for Elders	ACTIR Association M. Yogesh 0693012335
10	Saint Leu - salle des fete "foirail", 1 place Mario Hoareau.	22 nd June 2017 09.00 to 11.30	Yoga for Elders	ACTIR Association M. Yogesh 0693012335
11	Saint Paul - 10 Blv du front mer	21 st June 2017 14.00 to 15.00	Initiation to meditation	ACTIR Association M. Yogesh 0693012335
12	Mayotte - Plateau sportif, Collègue de Majicavo	21 st June 2017 17.00 to 18.00	Yoga - Initiation Course	Mme Asma Kalfane 0269 61 92 59