



**INTERNATIONAL YOGA DAY  
21<sup>st</sup> JUNE  
(TRINITY PARK, SAINT-DENIS)**

It is important that people make healthier choice and adopt a way of life in order to stay healthy.

YOGA offers a global approach to health and well-being.

This program is the acquisition of technical qualities and skills which support the ability to share, understand and accept each other.

“ YOGA FESTIVAL”

Tuesday 21th June – “ Coeur Vert Familial ( Familial Green Heart )

City of St Denis

Yoga Festival will be the opportunity to gather and practice together this activity, which will take into consideration the health, education, personal fulfillment, but also the respect for others.

1) All children who practice Yoga in schools at St Denis, supervised by their teachers, will attend with their parents.

2) Yoga associations will give contributions and involvement in this activity.

3) The presence of political leaders is vividly solicited in order to give strength to this event.

Principal theme : “ Respect of the differences”

## **COLLECTIVE MANIFESTATION**

08h30 Film projection on Yoga ( Consulate General of India )

09h00 Surya Namaskar presented by the yoga teacher Tanuja, association LACEVIF; session for all students of Primary Schools of St Denis.

09h15 Sound Yoga or Nada –Yoga; session animated with singing bowls by DrChanya , association LA SOLARA.

09h25 Speeches by Mayor Mr Gilbert ANNETTE and Consul General of India Sanjeev Kumar Bhati

09h55 “Heart Chakra “ presented by teacher Christian LESOUEF, association REUNION-MEDITATION.

10h10 Demonstration of artistic and acrobatic Yoga by NILA-MEGAME students, association STYM YOGA

10H25 Indian tale narrated by the yoga teacher Lysiane BONNET, association IFYM.

10H40 Session of “ Yoga du rire( Laughter yoga )” presented by SURENDER KUMAR.

11h Final song before the departure of “ Coeur vert (green Heart )” students who will return to their respective schools.

11h15 Breathing session or Pranayama presented by a teacher from Mauritius.

11h30 Meditation by the teacher Yogesh , association ACTIR;

Theme : Contemplation “Je m’accepte ( I accept myself)”

11h45 Session of Bhakti-Yoga : sacred songs by the teacher Dolene, association SANKIRTAN.

12H15 Conference about Ayurveda, given by Jacky CAZEAU

13H15 Practice of Hatha-Yoga presented by the teacher Alexandra BISSON, association ARY;

Themes : Linked between body and spirit/ Mental pacification and reconnection with inner peace

13h45 : Spiritual music

14h00 “ Flash MOB “ association Raja Yoga

14h15 Projection of slide show commentated by Stephane AH-PINE, Tanguy MOSELLE, association SURYA REUNION, and Tiffany BENARD, Yoga teacher in schools; Themes offered : ecology (perma-culture ), energetic arts and humanitarian support

14h35 Sahaja-Yoga demonstration with Jacqueline GAUVIN, Kavi and Maria MONTROSIER, members of association SAHAJA YOGA; Theme : “Inner peace-give the realisation”

14h55 Session of Dance Yoga or Natya-Yoga presented by the yoga teacher, Christian LESOUEF, association REUNION-MEDITATION; Theme : “Heart chakra or opening of heart chakra”

15h25 “ Eyescontact”association Raja Yoga

15h40 Conference given by Swami AdvayanandaSarasvati from Ashram Le Port, association SHRUTI SEVA; Theme :”I am this or AHAM BRAHMA”

16h30 Session of Yoga practice by the teacher Vally SHERALY

17h30 Conference and slide show presented by Dr Jacques VIGNE, Doctor, Psychiatrist, Writer and Speaker; Theme: “Yoga and built body”: between neurosciences and tradition.

### **WORKSHOPS BY TEACHERS AND SMALL GROUPS**

- Romy MALBROUKOU : Non-violent communication workshop

-Chanya : Sound Yoga with cristal bowls

-Sahaja Yoga : meditation

- Association SURYA REUNION : ecology- energetic arts – humanitarian support

-Jacques VIGNE :Slide show of “Yoga and built body “-presentation of her books

-Christian LESOUEF: “ Mental calm “-“ Heart chakra”

-NILAMEGAME : artistic and acrobatic Yoga

-Workshop presented by “ART de VIVRE” professor from Mauritius

-AYURVEDA workshop presented by CAZEAU JACKY