



**Program**  
**Day of Yoga 21 June, 2016**

**Centre De Ressources Indiennes**  
**13, rue Maurice Janicot**  
**97410 Saint Pierre**

**(TAMIJ SANGAM & Consulate General of India collaboration)**

Associations	Time	Workshop/Activity
Natur'Ayurveda	9h00	Yoga : Start by SURYA NAMASKAR PRANAYAM
	9h45	Tea Time
Natur'Ayurveda	10h00	Yoga 7 Tibétains
Heart Fullness	10h30	Meditation, Relaxation Guide & Mudras
Andréa ARY	11h00	Asanas of Yoga
All	11h45	Break
Video projection	13h30	« Ayurveda Art of Living » « Common Protocol Yoga »
Sahaja Yoga	16h00	Meditation on Chakras
M.Virapin	16h30	Tamil workshops
Kiran Vyas	18h00	Conference on Yoga & Ayurveda : The benefits & Virtues Questions, Answers
		Henna Workshop Baratanatyam Dance
Consulate General of India		Visit of Consul General of India Closing of the event

