



International Yoga Day Parc du Colosse, Saint-Andre

TIMINGS	ACTIVITIES
15h00 – 15h15	Inauguration and presentation speech
15h15 – 15h45	Yoga session with Br Ishan from the Chinmaya Mission. Theme: "Sun Salutation"
15h45 – 16h00	Interaction with teacher
16h00-16h30	Yoga session with Damien Mandrin from Academy of Yoga Reunion. Theme: "find relaxation in one posture and breath"
16h30 – 17h00	Interaction with teacher
17h00 – 17h45	Yoga session with Marlene Chong from Centre Samsara. Thème: "Awareness of body and breath to move towards concentration"
17h45 – 18h00	Presentation of the Sun Salutation by children of Ashram, a devotional singing (bhakti yoga by children of Sainte-Suzanne Ashram)
18h00–18h15	Presentation of Yoga by Indian classical dance
18h15-18h40	Yoga Presentation by traditional Indian music
18h45-19h15	Yoga in the Indian tradition (Conference by Br. Ishan Chaitanya)
19h15 -19h45	Yoga session by meditation: Guided Meditation by Swami Chinmayananda (English dubbed in French simultaneously by Br. Ishan)