

Embassy of India

The Hague

Press Release

June 7, 2019

**Members of Dutch Army to participate in the largest ever celebration of
International Yoga Day in the Netherlands at Dam Square on Sunday,
June 16, 2019**

The prestigious Dam Square of Amsterdam will be the venue on June 16 for the biggest International Yoga Day celebrations ever seen in the Netherlands.

The celebrations being organized by the Embassy of India in association with yoga enthusiasts of the Netherlands will be a whole day wellness festival with group yoga demonstrations, meditation sessions, music, dance, and vegetarian as well as vegan food.

The star attraction will be representatives of Dutch armed forces participating in the Traditional Yoga session with which celebrations will open. Dutch Ministry of Defense has introduced yoga exercises for armed forces to enrich their training program and reduce stress. Yoga is taught weekly at various barracks and yoga instructors have been recruited to strengthen the physical and mental fitness of soldiers.

An unique addition to the program this year will be promotion of Indian handicrafts with five national award winning master artisans from India showcasing their work throughout the day.

The festivities will begin at 12:00 hours with a group session of traditional Indian yoga on the main stage. Yoga demonstrations will then be interspersed with cultural programs of Indian dance and music for the rest of the day. Well known Dutch yoga teacher, Mr. Johan Noorloos of The New Yoga School, Amsterdam will conduct a workshop followed by Sahaja Yoga Meditation by Mr. Sander Notenbaert & group and Yin Yoga by Ms. Anita Smith. Djahan Manuela Mazhari Perez will perform a combination of South Indian martial art “Kalaripayattu” with dance and music. Simultaneously workshops on therapeutic yoga, sun salutation competition and yoga pose challenge, etc will be held in a separate Yoga Hut.

Food trucks providing vegetarian and vegan food as well as vegan ice cream will cater to visitors throughout the day. The outlets participating include Memories of India, Indian Express, Saravana Bhavan, Ekta’s Khatta Metha, Professor Grunschnabel.

The grand finale of the day will be “Soul Shanti” concert featuring “BMI Goes India” - a unique combination of classical sitar and modern electronic dance music. The concert will also feature popular Bollywood DJ Don and will be supported by local musicians from Team Madras Chorus.

The United Nations General Assembly passed a Resolution on 11 December 2014, at the initiative of India, declaring June 21 as the International

Day of Yoga. The Resolution calls upon Governments and people all over the world to observe this day in appropriate manner and to raise awareness of the benefits of practising yoga. It notes the importance of individuals and populations making healthier choices. The resolution also points out that global health is a long term development objective, yoga provides a holistic approach to health and well-being and wider dissemination of information on the benefits of yoga would be beneficial for both physical and mental health of the world population. This is the fifth time the International Yoga Day is being celebrated in the Netherlands. Last year, it was held at Museumplein, Amsterdam.
