



YOGA IN DAILY LIFE

ZAGREB

PROGRAM

Yoga center "Sri Devpuriji Ashram", Jurišićeva 3

For the occasion of the first International Day of Yoga we will introduce some traditional yoga programs to the general public. Our wish is to enable everybody to feel the benefits of yoga - this holistic system for regaining well-being and achieving harmony with one self as well as with the whole environment. By experiencing the power of very simple movements performed mindfully everybody can witness for themselves its great and beneficial influences on body, mind and consciousness, no matter of previous experience, attitudes or prejudices.

Free yoga classes for the whole week June 15 till June 21

Just come along and take some comfortable practicing clothes with.

You are welcome to drop in on Monday June 15, Tuesday June 16, Wednesday June 17 and Thursday June 18 for various yoga lessons according to system Yoga in Daily Life, running in following shifts:

- 9.00 – 10.30 am
- 4.30 – 6.00 pm
- 6.00 -7.30 pm
- 7.30 – 9.00 pm

International Day of Yoga - central celebration June 21

Park Maksimir (summer stage) - Central celebration of IDY organized by the Indian Embassy in Zagreb

10.00 - 13.00 pm central celebration with the presentation of yoga exercise of various Yoga schools

Satsang & Meditation Evening June 21

- 7.00 – 9.00 pm Self Inquiry meditation according to the Yoga in Daily Life the System
- 8.00 – 9.00 pm Satsang (spiritual lecture with bhajans - spiritual songs)

'Satsang' literally means 'meeting with the truth' and the best definition for the meditation would be 'meeting with one self'. Come along and experience for yourself powerful benefits of both of them.

Welcome!

"Yoga is infinite, eternal and endless. Yoga is the consciousness that never sleeps, the life that never dies, the light that shines forever, within you and around you, without beginning and without end."

Vishwaguruji