

International Day of Yoga

DECODING SECRETS OF YOGA

Date: 19th June 2019, 7:00 AM to 9:00 AM

Venue: Prabhu Upvan, Brahma Kumaris, Borivali(E), Mumbai

Towards celebration of International Day of Yoga, above captioned event was organized by Brahma Kumaris, Borivali in association with India Tourism, Mumbai.

Dignitaries present on dias for the talk show were:

1. *Shammi Gupta* - Founder of Shammi's Yogalay
2. *Ravi Sheshadri* - Director of Bharat Thakur Artistic Yoga
3. *Denish Makwana* - Isha Hatha Yoga Teacher
4. *BK Divyaprabha* - Subzone Incharge, Borivali
5. *BK Shreya* - Rajyoga Teacher

Other Honoured Guests present at the event were:

5. *Vinod Shukla* - President, Pandit Dindayal Upadhyay Smriti Manch
6. *Bhavana Shinde* - Asst. Director, India Tourism, Mumbai
7. *Ashok Mohanani* - Chairman, Ekta World

Event began with a 15 minutes physical exercise by *Sis. Bindu Panchal* (Marathon Trainer).

Guests were invited on stage for Candle Lighting.

Candle Lighting was followed by an interesting Talk Show anchored by *Sister BK Shreya* (Rajyoga Teacher). Panelist in talk show were from different applications of yoga such as Hath Yoga, Artistic yoga.

Questions demanding more clarity on the particular form of yoga, questions to get more insights of meditation like what is the difference between concentration and awareness? Why the word detachment synonymous to being a yogi ? How to keep balance of attachment and detachment? Such questions were asked to panelists. And much satisfactory answers were received from all the Panelists.

Last part of the event was, effective guided meditation by *Sister BK Sangeeta* (Senior Rajyoga Teacher)