



9th International Day of Yoga – Sri Lanka

Curtain Raiser Programs 01st May to 21st June 2023

9th International Yoga Day 2023 – Theme is “ Vasudev Kutumbkam” One Earth One Family One Future

1. 01st May 2023, Monday , 9am - 11am

Topic: Yoga is the ultimate Solution, **Location:** Center Bambalapitiya

No of Participants: 40

Day -1: Featuring 50- Day prelude preceding International Day of yoga 2023 the 01st day event organized in collaboration with Brahma Kumaris Raja yoga center today.

Prof. Ankuran Dutta, Director, SVCC graced the occasion as Chief Guest. Brahma Kumaris offer unique approach to yoga that combines physical postures with spiritual teachings. Their yoga practice known as Raja Yoga, emphasizes the connection between the mind, body and spirit..

In Raja yoga, the focus is on controlling the mind and cultivating inner peace through meditation and mindfulness practices. Physical postures known as asana are used to help prepare the body for meditation and promote physical health and flexibility.



Prof. Ankuran Dutta, Director of SVCC



2. 09th May 2023 Tuesday, 6pm to 8pm


Topic: Empowering Relationship for a better life , By Raja Yogini Meera

Location: Saraswathy Hall Bambalapitiya Number of Participants: 150

Day 09 Featuring 50-Dayprelude preceding

Brahma Kumaris Raja Yoga Centres, Sri Lanka,
Cordially invite you, your friends &
relatives for a lecture on

"Empowering Relationships For A Better Life"




By Raja Yogini Meera,
Senior Raja Yoga Instructor,
Brahma Kumaris Spiritual University, India

at Saraswathy Hall, No.75, Lorenz Road, Bambalapitiya
on 09/05/2023 Tuesday, from 6pm to 8pm

Admission Free

Life is full of relationships. We have experienced much love and pleasure in some relationships, but not in some. Is it possible to experience good relationships with everyone?

Let us hear from our respected speaker Raja Yogini Meera who has been practicing Raja Yoga meditation for more than 50 years. She has researched intensively into the subject Mind-Matter Relations and given thought provoking lectures in more than 50 countries and she is able to present complex issues in a simple, clear and logical manner.



Curtain raiser for the International day of yoga - 2023



N



Lighting a Lamp



BK Meera



Yoga session by Aum Kriya Babaji Yoga Aaranyam

3. 11th May 2023, A yoga session titled “Exams to Excellence” organized in collaboration with Astanka Yoga Mandir and Brahma Kumaris Raja yoga Center at the Himfu Ladies College (Saiva Mangaiyar Vidyalayam) Wellawatte.



Yoga session by AYM Instructors



Creative Meditation

4. **13th May 2023, Saturday , 4.30- 6.15pm, Topic: Tree of Humility – klds**
Program , Number of Participants: 15

“Healthy plants and trees yield abundant flowers and fruits. Similarly, from a healthy person, smiles and happiness shine faith like the rays of the sun”

– B K S Iyengar

Day – 13 featuring 50-day prelude preceding. a special event for kids called Tree for Humility to develop positive attitudes and values was organized by Brahma Kumaris raja Yoga Center Colombo



Group Photos with Kids



Yoga Session by Instructor from Aum Kriya Babaji Yoga Aaranyam

5. 14th May 2023, Sunday , 9.00 – 10.00am ,**Topic** – Happy Mother’s Day
Location – Center Bambalapitiya, Participants – 20



Tilak Ceremony



Group Photo



Yoga session conducted by Bk Geetha

6. **Day 17th May 2023** Featuring 50-Day prelude preceding A special yoga programme and meditation session for the students of St/ Lucia's college , Kotahena, Colombo -13 in collaboration with Brahma Kumaris Raja Yoga Center



7 20th May 2023, Saturday Power of Motherhood – Public Program
Location – Center Banbalapitiya, Participants – 30



Logo of Brahma Kumaris Yoga Center and High Commission of India in Colombo.

BRAHMA KUMARIS YOGA CENTER IN COLLABORATION WITH SWAMI VIVEKANANDA CULTURAL CENTRE HIGH COMMISSION OF INDIA COLOMBO INVITES ALL MOTHERS TO JOIN THE CURTAIN RAISER EVENT

POWER OF MOTHERHOOD

20TH MAY 23

5:30PM ONWARDS

FREE ENTRY

Program will be conducted in Tamil with Sinhala translation

For reservation please call us
MS.GOWRI - 0770296513
61/3 Lorenz Road Col-4

75th Anniversary



Yoga session conducted by BK Geetha

8 21st May 2023, Sunday, 5.30- 6.30pm, Topic; Yoga and Meditation to Relieve . Location – Centre Kandana

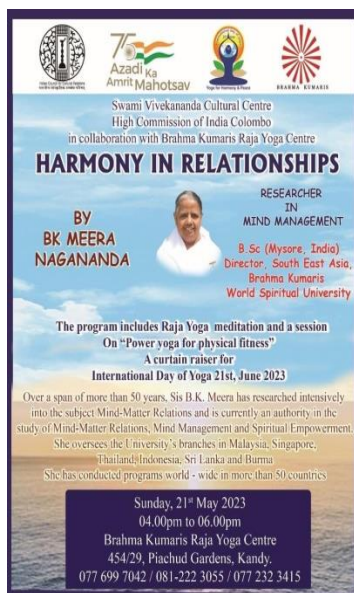


Yoga and Pranayama session conducted by BK Indu

9 21st May 2023, Sunday 4.00- 6.00 pm

Topic – Harmony in Relationship, By BK Meera Nagananda

The program include Raja yoga Meditation and a session on “Power Yoga for Physical Fitness”, Location- Kandy Piachud Gardens



Brahma Kumaris Raja Yoga Centre,
Kandy Presents
“ HARMONY IN RELATIONSHIPS”
By
BK MEERA NAGANANDA



Researcher in Mind Management
The program includes Raja Yoga meditation and followed by
a curtain raiser

for
International Day of Yoga
“POWER YOGA FOR PHYSICAL, MENTAL AND SPIRITUAL HEALTH”



Health benefits of Yoga will be shared by experienced Yoga teachers trained in
India along with demonstration of Asanas

MRS. BASHINI DISSANAYAKE

MRS. CHANDRA PANDITHARATNE



Sunday, 21st May 2023
04.00pm to 06.00pm
Brahma Kumaris Raja Yoga Centre
454/29, Piachud Gardens, Kandy.
077 699 7042 / 081-222 3055 / 077 232 3415



10. 22nd May 2023 – A special yoga programme and meditation session for the Students of Ramananathan Hindu Ladies College Bambalapitiya in Collaboration with Brahma Kumaris Raja Yoga center.



Meditation session by BK Akshana

Yoga session by Trishanthi from AYM



11 24th May 2023, Wednesday 5.30-7.30pm, **Topic** – Benefits of Karma Yoga
Location – Center Dehiwala



Asana session by BK Shiva



Meditation BK Seelan

12. 25th May 2023, Thursday 4.00-5.00pm, Topic – Yoga to Enhance Power of Thoughts. Organizer – Hill Country Women’s Association, Participants - 25



Asana and Breathing session conducted by Vhyasar Kalyanasundaram - AYM



Toli Blessing By BK Gowri



Group Photo

15 May 27th 2023, **Topic:** How to conquer fear and become strong

Location – Centre Kotahena



கவாமி விவேகானந்தா கலாச்சார நிலையம், கொழும்பு இந்திய உதாரகத்திடம் இலங்கை பிரம்மா குமாரிகள் இராஜயோக நிலையங்கள் இணைத்து கொண்டாடும் சர்வதேச யோகநிசம்-2023.

பயத்தை வெற்றி கொண்டு பலமாகுவது எப்படி?

தாலம் : சனிக்கிழமை (27.05.2023)
நேரம் : மாலை 5.30 -7.00 மணி வரை
இடம் : 124, எஸ். குணானந்த மாவத்தை, கொழும்பு 13

இதற்குறித்து உங்களை அழைப்போம்! அன்புடன் இணைக்கவும்!

மேலதிக விபரங்களுக்கு ஏற்பாட்டாளர்கள் பிரம்மா குமாரிகள் இராஜயோக நிலையம் தொடர்பு: 011 2344106, 0773747404

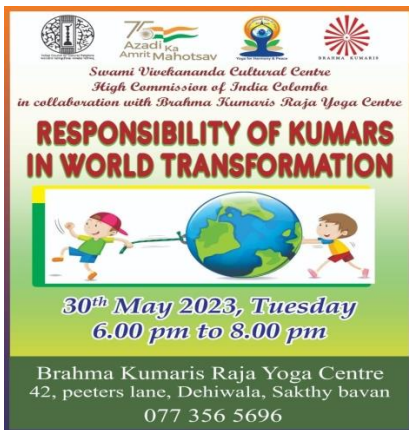


Yoga and breathing session conducted by BK Indu




14 30th May 2023, **Topic** – Responsibility of Kumars in world Transformation

Location – Centre Dehiwala



Swami Vivekananda Cultural Centre
High Commission of India Colombo
in collaboration with Brahma Kumaris Raja Yoga Centre

**RESPONSIBILITY OF KUMARS
IN WORLD TRANSFORMATION**



30th May 2023, Tuesday
6.00 pm to 8.00 pm

Brahma Kumaris Raja Yoga Centre
42, peeters lane, Dehiwala, Sakthy bavan
077 356 5696



15 02 June 2023, Friday 9-11 am , **Topic** – Yoga the Golden Key

Location – Centre Moor Road



Workshop by BK Kohulan



Yoga session by BK Geetha



Toli Blessing

16 03rd June 2023, 4-6 pm , **Topic** – Healthy Mind and Body

Location – Centre Vavuniya





**17 4th June 2023 – Day 35, Topic – Values for Practical Life,
Location – Centre Ratnapura**



Meditation by BK Shivahamsan

**18. 04th June 2023, Topic - Yoga is the Key Solution for Life
Location – Narahenpita Community Hall**

Swami Vivekananda Cultural Centre
High Commission of India Colombo
in collaboration with Brahma Kumaris Raja Yoga Centre

Yoga is the key solution for life

MINDFULNESS & MEDITATION

8.30 - 9.00 Yoga Demonstration
9.00 - 9.30 Talk on 'Yoga is the Key Solution for life'
9.30 - 9.45 Meditation Experience
10.00 - 2.00 Raja Yoga Exhibition

**04TH JUNE 2023, SUNDAY
8.00 AM TO 2.00 PM**

Venue: Elvitigala Mawatha community center,
Prajasalava, Narahenpita

for detail contact :
BP flats, 61/3, Lorenz road, 42, Peeters lane,
Elvitigala mawatha, Colombo 04 Dehiwala
0770703279 011 250 7005 011 271 7572



Yoga session by Premi from AYM

19 4th June 2023, **Topic** – Benefits of Yoga , **Location** – Centre Puttalam



Meditation Session



Yoga and Breathing session bu BK Indu

20. 05th June 2023, Day 36, **Topic**- As is the Mind so is the Life, **Location** AVS





Yoga session by Trishanthi from AYM

21 09th June 2023, Friday - 9-11 am Day 40, **Topic** – Inner Harmony for outer Unity. **Location** – Centre Bambalapitiya



22. 10th June 2023, Topic – Yoga for Successful Journey, Location- Matala



23 10th June 2023 , **Topic:** Relief Stress and Headache though yoga
Location – Centre Mattakuliya



24. 11th June 2023, **Topic:** How to develop a healthy mind and Body?
Location: Rajagiriya



Class taken by Dr Viji



Yoga sessin by Ms Premi from AYM

25 12th June 2023, Day 43, **Topic** – Benefits of Yoga

Location – Mallika Elders Home, Bambalapitiya, Participants – 40

A special yoga session was organized by Brahmakumaris Raja Yoga center in collaboration with Saami Vivekannada Cultural Centre Colombo for the elders at Mallika Elders Home Bambalapitiya.

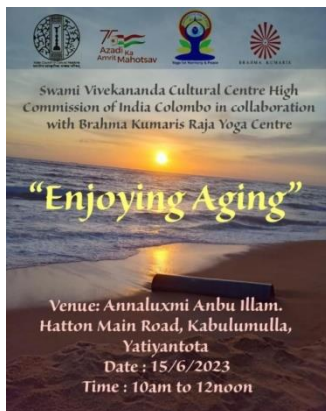


Yoga demo for Elders



Toli Blessing

26 15th June 2023, 10-12pm, Topic Enjoying Aging, Location – Annaluxni Illam , Yatiyantota



27 17th June 2023, Saturday, 6.45 -7.45am

9th International day of yoga – Public Program at Independence Square

Participants – more than 1000

The International Day of Yoga 2023 was a truly remarkable event, filled with Vibrant energy, harmony, and an overwhelming spirit of unity, here are Some captivating glimpses that encapsulate the essence of the day.



28. 17th June 2023, Saturday 4.03 – 6.15, **Topic** – Finger of Cooperation
Location – Centre Bambalapitiya , Participants – 18



Iceberg session conducted by BK Ithya



Yoga session by Ms Premi from AYM



Kids made cards to Father's Day



Creative meditation conducted by BK Growri

29 20th June 2023 – Day 51, 6.-7.30 pm, Topic – Yoga for a New Day New Life,
Location Centre Dehiwala

A special yoga session for gents in collaboration with Brahma Kumaris



Toli Blessing



Meditation session bt BK Kalyani

31 21st June 2023 – Day 51, Topic – Yoga for Body and Mind

Location – a session for children of Bharathi Children home in Mullaitivu



30.21st June 2023, 9TH International Day of Yoga at Port of Colombo
Message from President, ICCR Dr Vinay Sahasrabuddhe on the occasion of the
9th International day of Yoga!

“Beauty of yoga is that it is one stop solution to several challenges that global Community is facing in so far as personal and social health is convened”



Asana , Pranayama and Meditation session by Different Instituites

