Sir/Madam

On the occasion of the International Day of Yoga, The Heartfulness Institute is organizing a Virtual Live Event with well-known musicians such as Shankar Mahadevan and Pandit Jasraj along with Yog Rishi Ramdev Baba and the Global Guide of Heartfulness Kamleshji Patel, also known as Daaji.

This event is scheduled for **Sunday, June 21, 2020 at 7 AM IST** in English followed by various regional languages starting from 11am IST. This 90-minute fiesta of Music, Meditation and Yoga will be live cast on YouTube, Facebook, Instagram, and Twitter, and Heartfulness channels.

Participants will be provided with **E-Certificates.**

Interested faculty and students can register here.

https://heartfulness.org/en/international-yoga-day/

Please find the attachment.

With thanks & regards,
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CELEBRATING 75 YEARS SHRI RAM CHANDRA MISSION

heartfulness
purity weaves destiny

Together let's make compassion contagious

#YogaforCompassion, #MyLifeMyYoga #Heartfulness

Virtual Event on Sunday, June 21st, 2020, for International Day of Yoga

https://www.youtube.com/heartfulness
https://www.facebook.com/practiceheartfulness

Covid19 has been traumatic on all our lives globally, to say the least. It is causing great anxiety for many of us and we are greatly concerned about our loved ones, elderlies, and caregivers. Whether we are professionals, businessmen, educators, or entrepreneurs many of us are facing tremendous uncertainty to our livelihood and the general economy.

But this is the time to muster all the positive and gird up our resolve that covid19 is no comparison to Compassion. Compassion is unequivocally more contagious than the virus and shall act as a great antidote to fight all of its ill effects.

In the great tradition of India with its Gift of Ashtanga Yoga to the rest of the world, compassion is in the first step of Yama, where compassion begets non-violence. Self-compassion begins with one's own self and ripples out to others. The crux of yoga and meditation begins with self-compassion which transforms into self-care.

So, it is only fitting that in celebration of International Yoga Day, Heartfulness Institute in association with Ministry of Ayush, Govt of India, is bringing ***a global online event*** of music, yoga and meditation with a focus on uniting us all in compassion for one another. This event will be held on Saturday, the 20th of June at 7pm EST/4pm PST.

Recognizing the need of the hour, musicians like Shankar Mahadevan, Pt Jasraj and Shashank Subramaniam are performing together while YogRishi Baba Ramdev and Kamleshji Patel (also known as Daaji), Global Guide of Heartfulness, will offer their wisdom and practices of Yoga and Meditation.

Be there! Together let us share our blessings and make compassion and joy contagious again.

When: Sunday, June 21st at 7am IST in English followed various regional languages starting from 11am IST,

Program: Music for 45 minutes from three world class musicians and 45 mins of discussion with practical tips to be holistically healthy from Baba Ramdev and Daaji.

Free Sponsorship:

You and the 2 million Asian Indians in North America along with the hundreds of cultural, professional and industry associations and the Consul Generals of India across the country are supporting this free event.

Organization like Sewa International, Telugu Associations, Gujarati Samaj, AAOHA, Tamil Sangam Chapters, Association of American physicians of Indian Origin (AAPI), Tie USA, local temples are supporting this event.

Acknowledgement:

Every organization that helps promote this event will be acknowledged at the end of the event. Please send us your logo and how you want this to be added to the list. This is a great opportunity to unite and feel the strength of Indian diaspora.

Giftivism:

This event is made possible by the generosity of the musicians, movie stars, Ramdev Baba, Kamleshji Patel (Daaji) along with hundreds of volunteers of heartfulness, who have all offered their time and talent for free. We are grateful to all. If you are so moved, you are welcome to choose a charity and give a gift of your time, talent, or money.

About Heartfulness

Heartfulness (www.heartfulness.org) is a way of life based on simple meditative practices and life skills that has been around for over 100 years. The simple practices are offered to people of every walk of life, culture, religious belief and economic status, over the age of fifteen, free of charge. With over a million practitioners worldwide, Heartfulness is practiced in thousands of schools and colleges, and over 500,000 professionals are meditating in corporations, non-governmental and government bodies worldwide. More than 5,000 Heartfulness Centers are supported by over 13,000 certified volunteer trainers in 160 countries.