



**EMBASSY OF INDIA
ABU DHABI**



PRESS RELEASE

The Embassy of India in Abu Dhabi celebrated 4th International Yoga Day at the iconic Umm Al Emarat Park on 21st June 2018. His Excellency Sheikh Nahayan Mubarak Al Nahayan, Cabinet Member and Minister of Tolerance graced the occasion as Chief Guest. Nearly five thousand yoga enthusiasts including prominent personalities, diplomats from various countries, Emirati citizens, students and members from the Indian community took part in the Yoga day celebration.

Welcoming the gathering of Yoga enthusiasts to 4th International Day of Yoga Ambassador Navdeep Suri, mentioned that the increasing popularity of Yoga throughout the world, was a testimony to its proven health benefits and yoga was a wonderful technology for holistic life and well-being.. He thanked the Government of UAE for their kind support in organizing the fourth edition of Yoga Day as in all previous years.

The event had performers do Yoga postures on Arabic music as a tribute to India UAE cultural ties, a talk on the benefits of yoga by a Abu Dhabi based Russian instructor having learnt yoga in India, Desktop Yoga- a gentle and series of exercises based on yoga and designed specifically for office goers, Power Yoga - an intense form of yoga, Integrative Yoga focusing on postures to increase integration between the left and right brain, meditation and laughter yoga.

His Excellency Sheikh Nahayan Mubarak Al Nahayan speaking at the occasion said “Yoga encourages us to discover additional interests and values that we might share with strangers. Yoga leads us to an understanding of others and an informed appreciation of our differences. The Ministry supports and applauds events that embrace the spirit of tolerance. Tonight’s celebration of Yoga is just such an event.”

Later, over as Five thousand performed yoga, the Umm al Emarat’s Park’s scenic beauty and fresh air, added to the delight of doing yoga in unison.

Abu Dhabi
22 June 2018