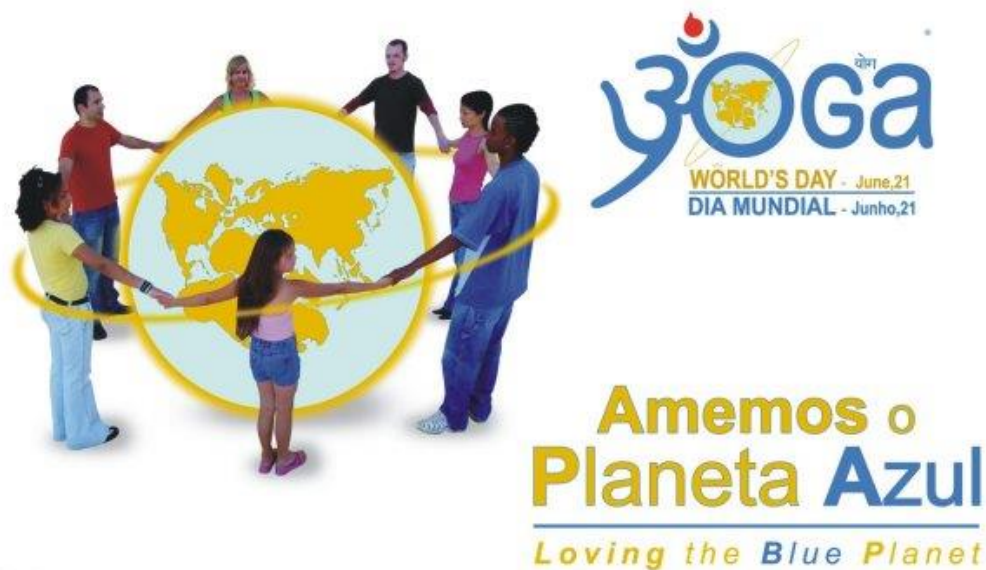


**INTERNATIONAL DAY OF YOGA - IDY 2006**  
The biggest Yoga event in the Planet



**DIA MUNDIAL do YOGA - Comemorado em 25 de Junho . Algarve . Faro**  
Estádio S.Luis às 10 horas Informações: 289 813 136 e 217 802 810



Over one thousand Yoga practitioners in "Estádio do Farense", 25th. June, 2006



### June 21st. – Summer Solstice – First World Holiday

In Faro, Algarve's capital city, took place another celebration of the International Day of Yoga - IDY, with the presence of High Personalities such as the Minister of Health (regional representative), Faro's Civil Governor, Mr. António Ventura Pina, the Bishop of Algarve (represented), India's Ambassador (represented), the Mayors of Faro – Mr. José Apolinário – and Albufeira – Mr. Desidério Silva, the President of the Hindu Community, Mr. Anil Gokal, the President of the Rádhá/Krshna Temple, Mr. Kirit Vachu and the President of the Shiva Temple, Mr. Kantilal Vallabhda, as well as Suami Svarupa and the President of the Algarve's Firemen Federation and a representative of the "Liga dos Bombeiros Portugueses" (Portuguese Firemen Association) and the Vice President of the Sporting Clube Farense.



Advanced Yoga and the Counter Tenor



Yoga (pronounced yoh-guh) representatives came from all over the world. From the USA, Suami Rámachandránanda, architect of the Cave of the Great Master Vishnudevánanda (the greatest Yoga Master of the 20th Century), who directed the Áshrama (Yoga Center) of Shivánanda in Kerala – South of India – during all of the 80's. Suami Rámachandránanda is now teaching Yoga in Washington D.C. From Brasil came Mrs. Judith Munkh and also Suami Sháshtri Ji.



Yoga and Art - Vitorino, Janita and the group "Raiz da Liberdade"

From a cultural, artistic, scientific and solidarity point of view, the celebration of International Day of Yoga - IDY had the contribution of Vitorino, Janita Salomé, the Choir "Grupo de

Cantares do Redondo”, Viviane (former member of “Entre Aspas”) and the counter tenor Luis Peças. The artists were introduced brilliantly by Sofia Aparício. Poetry from the great algarvian popular poet, António Aleixo, was also recited.



Viviane – former member of “Entre Aspas”

The “Federação dos Bombeiros do Distrito de Faro” (Firemen Association of Faro), in representation of the Firemen of Algarve, was honored and awarded with a donation by “Associação Lusa do Yoga (ALYO)”, co-promoter of this event, together with the “Federação Lusa do Yoga” (FLY) and the “Associação Regional de Yoga do Algarve (ARYAL)”. These associations, as institutions without financial purposes, wanted to praise the “courage and abnegation of the real Heroe – the fireman – almost always an anonymous, to whom we all should be so thankful and who is seldom recognized and rewarded.” With this action, this Federation joins an illustrious list of institutions already awarded by ALOYO, such as: Liga dos Bombeiros Portugueses, Médicos do Mundo de Portugal, Instituto de Apoio à Criança, Associação Portuguesa de Apoio à Vítima (APAV), o Ninho, Associação Florinhas da Rua, Associação de Alcoólicos Recuperados da Cova da Beira, ONU, FAO, UNICEF, the UN High Commission for Refugees (ACNUR / UNHCR), the victims of Hurricane Katrina, Campaign Póliu Plus / Paul Harris – to eradicate Poliomiellitis in the planet, Associação dos Amigos de Raoul Follereau – against the Leprosy, OIKOS - Organisation for a Sustainable Development, Shrí Sandhyani, Vidha Niketan / Porbandar / Gujarat (land of the Mahá Átmá Gandhi) University of Samskrta and of Education of Young People in Índia, among many others, as well as individuals and their heroic actions.

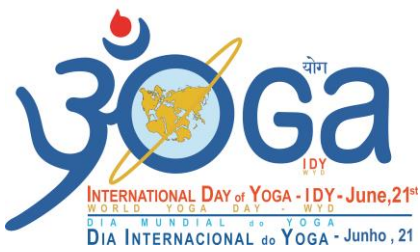


Macro Experiments in Physics

The Department of Physics of the Instituto Superior Técnico (IST) was also present in these celebrations, with its “Macro Experiences in Physics on Stage”. This action was coordinated by Professor João Seixas (Research Scientist of CERN – the European particle accelerator, placed in Geneve, Switzerland). The night before, the public was able to participate at the “Astronomical Observation of the Cosmos”, with the help of the “NÚCLIO” (Interactive Nucleus of Astronomy), with astronomers and telescopes, coordinated by Rosa Doran. Our best Yoga teachers gave demonstrations of Advanced Yoga and the Choir-Orchestra “Omkára” and the Amateur Theatrical Group “Máya”, both from ALYO, gave great performances



Sequence of Yoga for Children



We must also underline the contribute given to the celebrations by the department of Yoga for Children, under the supervision of Mrs Rosa Xufre, International Specialist in this age group (6 to 12 years).

**International Day of Yoga - IDY**, the biggest day of the year in the Northern Hemisphere (were the greatest mass of continents, thus of civilization, is concentrated) is the **21st June** – Summer Solstice – **Day of Light and Wisdom**. The Celebrations always take place in the Sunday immediate after the Summer Solstice in order not to hurt the country and its economy.

This year, Algarve was the region chosen to carry on this Celebration. The purpose was to honor this magnificent region of Portugal, first among pears. Several artists from Algarve and Alentejo participated in this tribute.

The theme of the Yoga World Day 2006 – DAYMUNDY – was “Love the Blue Planet”. This day wants to be the first day without bloodshed in Portugal and in all the Planet, and it is a candidate to World Holiday.

"At the beginning, when there was only one Yoga, the most powerful, the wiser, long before the small divisions in Yoga, the Yoga was called **Sámkhya**, the Cosmogenic Wisdom. **Yoga** (meaning to bind, to connect, Yuj – Yudj = yoke ) was its practical part, **with exercises in all levels and 12 Main Technical Disciplines in each class**, plus six secondary ones. So, Yoga stimulates the practitioner to develop totally, keeping Health and Harmony, to be self responsible, self demanding, and to have positive, artistic and creative emotions. **Intelligence** is stimulated and the practitioner is led to discover through Real Meditation the Supra Cognitive Mind until Samadhi (Enlightenment), the Supreme Cosmic Consciousness. Yoga also incites the practitioner to be fraternal, inter-ethnic, to **respect the Planet**, to oppose all the dictators who instead of loving the people they represent exploit and annihilate it, and to defy himself to discover all the Universal Wisdom – hence the themes of the International Day of Yoga - IDY, originated in its Universal Declaration of Principles." These are words from Master Jorge Veiga e Castro, President of ALYO, presently one of the greatest Yoga Masters of the World. Master **Jorge Veiga e Castro** states also that “the Portuguese arrived in India five hundred years ago, before the majority of the countries of the world existed, and they have a unique knowledge of the Primordial Yoga, Yoga Sámkhya. ALYO is a world authority in Yoga and it is doing a work that was never done in Yoga before.

"The representatives of the Hindu Community in Portugal said that "Master Jorge Veiga e Castro is a real herald of Peace in the West."

The International Day of Yoga - IDY is a Portuguese concept developed since 2001 and massively celebrated since 2002. **This year of 2006**, in Faro, in the likeness of what was done in 2005 in Lisbon, more than **one thousand persons** – practitioners and teachers – were present and practiced in a **Mega Yoga Class, the biggest Yoga class of the Planet**, surpassing all that is done in the world, including countries were Yoga is also deeply established, such as USA, Germany, France, Brazil, United Kingdom, Canada and, the land of Yoga, India itself.

Besides the organization – in the hands of ALYO, FLY and ARYAL – other associations were also present, such as Associação Regional do Yoga Galaico Douricense e Grande Porto (ARYON), the Associação Regional do Yoga do Centro (ARYOC), the Associação Regional do Yoga da Grande Lisboa, e Supra Continental (ARYOL), the Associação Regional do Yoga do Sul (ARYOS), and the directors of all the Ashrama, from North to South of Portugal.