

MEGA YOGA CLASS IN ALMADA INTERNATIONAL DAY OF YOGA - IDY – SOLSTICE, JUNE 21ST. – CANDIDATE TO THE FIRST WORLDWIDE HOLIDAY



More than one thousand adults, youth people and children participated on Sunday, June 27th. in a Mega Yoga Class at Estádio José Martins Vieira, in Almada, in the context of the Celebrations of the International Day of Yoga - IDY, for a World Fraternity. This initiative was promoted by Confederação Portuguesa do Yoga (Yoga Portuguese Confederation), FLY - Portuguese Yoga Federation) and Portuguese Yoga Association – ALYO, with a strong support of Almada's Municipality.

Jagat Guru Amrta Súrýánanda, Great Yoga Master and President of the Yoga Portuguese Confederation told journalists that “this is a day of great importance to mankind as the most important issue affecting the world is blood shed, war, and lack of agreement. We all love peace, but it doesn't exists. We need peace and we are proposing peace, we need the respect for Cultural Diversity, and show that our DNA is viable. The world is enjoying it and is adhering to it.” Several Yoga Schools from India, USA, Spain, Italy, Holland, Serbia, Brasil and other countries began to join this great initiative every year, celebrating it themselves in their own countries.



Moment of Meditation
Practice given to all by the
G. Master

International Day of Yoga - IDY is celebrated since 2001, on the 21st. of June, Day of the Summer Solstice, on Sunday (on the immediate Sunday after the Solstice, if that Day is not a Sunday). The initiative originated in Portugal, “making the country once more a pioneer of a Great Globalisation, 500 years after the Discoveries, a globalization where all Cultures, Ethnicities, Religions, Peoples may stop one day a year, an ancient Day common to all, hold hands and engage in the importance - not only of what they have in common, Life - but of the amazing Diversity that is Grand and Cosmic.”



The President of Almada City Hall
Dr.ª Maria Emília de Sousa, and the Índia Embassy



Chile Ambassador – Fernando Ayala
Delivery of the Mahá Átmá Gandhi / Sérgio Vieira de Mello Award

“In 2001 we proposed the United Nations and UNESCO a Day without blood shed in all the world. It would be the First Worldwide Holiday, in a date which is celebrated by all the peoples of Earth” added the Great Master. This Day gathers the support of the main national political parties, of the representatives of the most important religions in the world and of the Portuguese and the world’s most respected Yoga Schools. This project, due to its noble objectives, has the support of several National and International personalities of every sector of the society.



Pashupati Members incomparable in an Advanced Traditional Yoga Demonstration

“Every year,” the Master explained “this day bears an inspiring theme because Yoga as a set of very important principles as its foundation.” This year, the flag rose in the name of World Fraternity and “fair globalisation” because “without justice war will not stop, there will be no sustainable Peace, there will be peace in the heart of New Generations of areas on the planet who consider themselves wronged”



The Pashupati - and Yoga for Pairs

During the morning, the Portuguese Yoga Confederation gave the Mahátmá Gandhi/Sérgio Vieira de Mello Award to the former President of Portugal, Mário Soares. This award is attributed to work done on behalf of Fair Globalisation, Inter-ethnic Equality and Fraternity. Master Jorge Veiga e Castro justified this year's choice by stating that "gratitude is very important to us and so is memory. (The prize was attributed) For the quality of life – with Liberty and Democracy – that Mr. Soares helped make possible for us all and for the fights he had to undergo during difficult moments, when he was not yet known."



Throughout the stadium there were hundreds of people of all ages and conditions: youngsters, elders and families with children.

Ms. Sandra Xavier, Director of the Pashupati Group (Advanced Traditional Yoga Demonstration Group) and Vice-President of the Portuguese Yoga Confederation, taught the Mega Advanced Yoga Class. Exercises were made according to each person's capacity.



The Future and the Yoga for Children



Traditional India Dance – Bhārata Nāthā Yama

The Yoga Master underlined that “Yoga allows us to achieve inner peace and therefore with manifestation on external acts, with respect for ecosystems and the sustainability so that we can pass on to future generations a planet better, not worse, than what we inherited” The program included melodic presentations of Kirtana by the Orchestra Choir – OMKĀRA, and fantastic advanced yoga demonstrations for adults, youngsters and children by PASHUPATI group.



A Mega Yoga Class – Purusha Namaskāra



On this day, the event also received the greatest Yoga Masters of India, and of the World, the General Secretary of the Millennium World Peace Summit of Religious and Spiritual Leaders, the Keyvaliadhama Administrator of Yoga Institute of Lonavala, India and representatives of the Great Masters - BKS Iyengar and Shrí Shrí Ravi Shankar, Hare Krshna, Brahma Kumaris, among several National and International Yoga Schools.

D. R Kaarthikeyan mentioned, “this initiative and this groundwork done for decades by your Master, will change the World”. There were also present the President of Almada City Hall, who expressed her pride and appreciation for this event, Chile’s Ambassador, he himself a Yoga practitioner, the Indian Embassy, the High Commissioner for Immigration and Inter Cultural Dialogue as well as all the Hindu Community in Portugal, the Rádha Krshna and the Shiva Temple.



The General Staff of the Hierarchy of Masters of Yoga, Svámin and Brahman of India, gracing the Yoga Portuguese Confederation in the person of its President Jagat Guru Amrta Súryánanda, giving it a partnership and a distinction comparable with that Institution of the top Indian Hierarchy of Yoga of the World.

The Celebrations also emphasized the dedicated work of “ACAPO – Associação de Cegos e Amblíopes de Portugal” through the presence of a Yoga class for blind persons, and CARITAS Portugal.

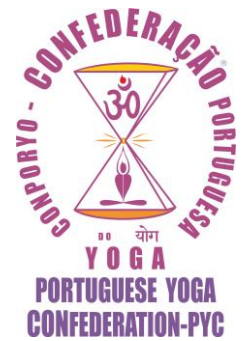


High Representatives of Yoga of Índia, United States, Italy, Spain

After the Mega Class of Yoga, which gathered all practitioners of all ages, a vegetarian lunch was served and during the afternoon the attendees could also see a show of classical Indian dance – Bháráta Náthá Yama – followed by presentations of several Yoga Schools. No one was sorry to attend this event!



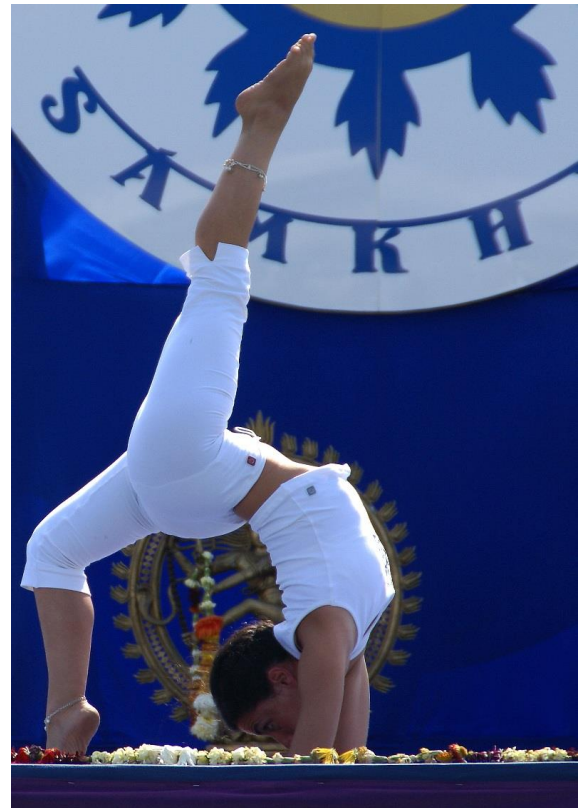
OMKÁRA – Choir and Orchestra of the Yoga Portuguese Confederation



Almada's Municipality was the host of this Great Celebration, appearing as a fundamental partner of this Noble Project and contributing to its valorization and divulgation.

Also the High Commissioner for Immigration and Inter Cultural Dialogue, the Pro-Dignitate Foundation, the Fundação Oriente (Orient Foundation), the Fundação da Juventude (Youth Foundation), the Instituto Português da Juventude (Portuguese Institute for Youth), the Região de Turismo de Lisboa e Vale do Tejo (Lisbon and Tejo Valley Turistic Region) and all the Hindu Community in Portugal supported this initiative thus potentiating its promotion and divulgation.

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ON THE DAY BEFORE THE COMMEMORATION OF THE GREAT INTERNATIONAL DAY OF YOGA – IDY WE HAD THE CELEBRATION OF THE SÁMKHYA'S DAY - JUNE 26 - ALMADA



The Conferences of the Great Yoga Masters of India, Their Holinesses' the Svámin, bearers of the Wisdom of Traditional Yoga, filled us with Light.



The Particle Physics Prof. Doctor Eef van Beveren and George Rupp in his exhibition of the discovery of five new meson, and the importance of the very small in the construction of the Macro Cosmos



Astrophysicists and Astronomers in their Theory-Practice Conference on 3D Mapping the Universe in the person of the President of NUCLIO - Dr. Rosa Doran, also with the practical night observation of the Nebulae, with professional telescopes



The dazzling performance of the PASHUPATI Group – the Elite of Advanced Yoga Demonstration – in the Hindu Traditional Tale of Adi Guru Shiva and Párvati on Mount Keilasha.