

21 jun international yoga day 2017

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21st June International Yoga Day 2017: A Comprehensive Guide

What is International Yoga Day?

International Yoga Day is a global event celebrated every year on June 21st to raise awareness about the benefits of yoga and promote its practice worldwide. It was initiated by the Prime Minister of India, Narendra Modi, and adopted by the United Nations General Assembly in 2014.

Why is Yoga Celebrated on June 21st?

June 21st holds significance in the ancient Indian tradition as it marks the longest day of the year in the Northern Hemisphere. It is also believed that on this day, the sun transits from the zodiac sign Gemini to Cancer, signifying a shift towards tranquility and balance.

What are the Benefits of Yoga?

Yoga offers numerous benefits for both physical and mental well-being. It improves flexibility, strength, and balance; reduces stress, anxiety, and depression; and enhances overall health and vitality. Yoga also promotes mindfulness, concentration, and self-awareness.

How to Observe International Yoga Day?

To participate in International Yoga Day, you can join organized events or practice yoga at home. Whether you are a beginner or an experienced practitioner, there are various resources available online and in your community to guide you.

What is the Theme of International Yoga Day 2017?

The theme of International Yoga Day 2017 is "Yoga for Health: Yoga for Peace." This theme highlights the role of yoga in promoting physical, mental, and emotional health, as well as its ability to foster peace and harmony within individuals and society.

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