



Embajada de la India
Malabo



Yoga

para la Armonía y la Paz

21 de Junio
Día Internacional del Yoga

EMBASSY OF INDIA MALABO

Dear fellow Indian nationals and friends of India,

Greetings from India!

We are heading towards the celebration of the seventh International Day of Yoga on 21 June 2021 under the continued impact of the Covid pandemic and the consequent restraints of celebrating it in togetherness. Accordingly, the Yoga day this year will be celebrated with the relevant theme 'Be With Yoga, Be At Home'. Like the sixth Yoga day last year, we are celebrating seventh Yoga day at a crucial time. The continued challenges due to the pandemic has further stressed our daily lives, making it ever more important to work towards enhancing well-being, health, inner balance and vitality.

Let us proudly celebrate the Yoga Day on this 21st June from our homes by observing social distancing, while safeguarding the health of others and ours. In the same spirit, Embassy will be celebrating IDY in the Embassy premises among its own staff. The visual and textual excerpts will be shared on Embassy's website and social media for all of us to further rejoice the event. We also request you to kindly share your experiences on Embassy's social media accounts.

Be With Yoga, Be At Home!