



Embassy of India
The Hague, The Netherlands



5th International Day of Yoga 2019
Dam Square, Amsterdam

Main Stage Program

Sunday, 16th June 2019

Time	Program on Main Stage
12.00pm - 12.30pm	Inauguration
12.35pm - 01.15pm	Traditional Indian Yoga (Common Yoga Protocol) by Mr. Amit Khanna (English), Ms. Madeleine Gaastra, Mr. Farooq and Ms. Shikha Khanna Representatives of Royal Dutch Army to Participate
01.20pm to 01.40pm	Yoga Demonstration by Royal Dutch Army
01.45pm - 02.30pm	Yoga Workshop by Mr. Johan Noorloos and others (De Nieuwe Yoga School, Amsterdam)
02.35pm – 02.45pm	Sahaja Yoga Meditation by Mr. Sander Notenbaert, Ms. Adda Van Zanden, Ms. Neelam Kumar
02.50pm – 03.10pm	Indian Folk Dance Performance by Ms. Keyakar and Group (Kalabhavan)
03.15pm – 04.00pm	YIN Yoga by Ms. Anita Smith and others
04.05pm – 04.30pm	Cultural Performance (Dance) by Mr. Vysakh and others TANDAV Group
04.35pm – 05.00pm	Kalaripayattu by Ms. Djahan Manuela and group Kalari Amsterdam
05.30pm – 07.00pm	Grand Finale (Soul Shanti Concert) ‘BMI Goes India’ ‘DJ DON’ ‘Nach2bollywood Beats’ supported by Team ‘Madras Chorus’
07.05pm	Vote of Thanks & Felicitation of Artists