



**Embassy of India**  
The Hague, The Netherlands



**5<sup>th</sup> International Day of Yoga 2019**  
**Dam Square, Amsterdam**

**Yoga Hut Program**

**Sunday, 16<sup>th</sup> June 2019**

<b>Time</b>	<b>Workshop</b>	<b>Resource Person/ Yoga School Concerned</b>
13.25 hrs - 14.00 hrs	<b>Therapeutic Yoga</b> “Yoga as Therapy”	Mr. Pravar Obhan from Indian Origin Yoga / Amit Khanna
14.00 hrs – 14.45 hrs	<b>Yoga Workshop</b> (Practicing Postures as Postures) “Get Exposed to missing link between Philosophy and Mat”	Mr. Vijay Gopala (Yoga Gita)
14.50 hrs – 15.35 hrs	<b>Yoga Workshop</b> “Inner Peace Experience”	Mr. Andreas Van Engelen
15.35hrs – 16.00hrs	<b>Sun Salutation Competition</b> (Max 2 mins)  <b>Hold a Yoga Pose Challenge</b> Headstand (1 min) Balancing Postures Tree Pose 5 min King of Dance 5 min Warrior 3 (1 min) Half Moon (2 min) Crow (2 min) Eagle Pose (2 min) Palm Tree ( 5 min)	Mr. Farooq from Shiva Yoga, Amstelveen
16.06 hrs – 16.45hrs	<b>Yoga Workshop</b> (The Joy of Self Discovery)	Mr. Mark Dowe from Svaha Yoga, Amsterdam
16.50 hrs – 17.30hrs	<b>Family Yoga Workshop</b> “Father’s Day Special”	Ms. Emma Rosier, De Nieuwe Yoga School, Amsterdam