

ICCR ORGANIZES A ONE-MONTH RESIDENTIAL YOGA TRAINING PROGRAMME FOR THE YOGA ENTHUSIASTS OF PACIFIC ISLAND COUNTRIES (PIC)



As the world prepares to celebrate the International Day of Yoga (IDY) on June 21, 2024, ICCR is laying the groundwork for a transformative experience that transcends geographical boundaries. A one-month residential Yoga training programme for Yoga enthusiasts of Pacific Island countries has been organized by ICCR at Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), a renowned institution dedicated to research, education, and dissemination of traditional Yoga practices, from April 29 – May 28, 2024. Nestled amidst lush greenery in Bengaluru, Karnataka, SVYASA's campus provides a serene environment conducive to nurturing physical and mental well-being. A total of 18 participants from 7 countries, namely the Cook Islands, Fiji, Kiribati, Tonga, Papua New Guinea, Nauru, and the Marshall Islands, have joined the programme.

With a diverse group of participants hailing from several island nations, this programme aims to create meaningful connections built on mutual respect, curiosity, and passion for Yoga. For one month, under the expert guidance of seasoned Yoga masters and luminaries, the participants will embark on a profound journey of self-discovery, wellness, and spiritual enrichment. Through daily sessions filled with asanas, pranayama exercises, meditation techniques, lectures, discussions, workshops, and more, they will immerse themselves in the ancient teachings and practices of Yoga.

In addition to exploring traditional Yoga practices, participants will also learn about Indian culture, philosophy, and history through curated tours around Bengaluru city. These guided tours will help them gain a deeper understanding of India's rich cultural heritage and its historical and philosophical roots.

Upon completion of the programme, participants will return to their respective countries equipped not only with the wisdom of Yoga but also with the skills and knowledge to teach Yoga in their communities. As ambassadors of peace, they will spread the message of Yoga's profound transformative power, promoting unity and well-being across borders.

