



INTERNATIONAL DAY OF YOGA

ENTRY IS FREE OF CHARGE.

Everyone is welcome!

JUNE 21, 2015 13:00~17:00 at THE INDIA CLUB KOBE

13:00-13:30 Registration/ Screening of Films on Yoga

13:30-13:50 Address by Consul General

13:50-14:30 Good alignment and walking for Yoga by Makiko Uchi

14:40-15:20 Harmony Yoga ~feel unity and connection~ by Eri Hirao

15:30-16:20 Let's get energized with sun salutations & increase our energy with deep relaxation by Purvi Jhaveri

16:25-17:00 World Peace Concert by worldwide singers



Epi Esperanza

A native New Yorker with Dominican roots Epi Esperanza is a dynamic vocalist, songwriter and recording artist. She has performed with bands of varying genres including Gospel, Pop, Jazz, R&B, and Latin and in various languages such as Japanese, Spanish and Italian.



Tender Armstrong

Tender is a singer/songwriter with a passion for music, art and global equality

PLEASE NOTE

- Please bring your own yoga mat or bath towel, and water.
- Come in comfortable clothes. (No place to change)
- Any age, any gender, any nationality is welcome!
- Yoga beginners/ experienced practitioners are both welcome!
- Entrance and exit between classes is allowed.

CONTACT

Inquiry to: unyogakobe@gmail.com

SUPPORTER

Supported by the Consulate General of India, Osaka-Kobe

- Co-supporters:
- (1) The India Club, Kobe
 - (2) The Indian Social Society, Kobe
 - (3) The Kansai Japan India Cultural Society, Kobe

VENUE

