

INTERNATIONAL DAY OF YOGA - 21st of June

EVENT PROGRAM, VILNIUS TOWN HALL.

YOGA LUNCH. Open yoga classes given by classical yoga schools.

12.00 - 13.00	Domesticating yoga: Iyengar yoga basics	Lina Stankūnaitė, Iyengar Yoga Studio "Jogos medis"
12.00 - 13.00	Mai Ram Yoga Open asana and pranayama practice Practice for all people who want to start practicing yoga. During the lesson, you will learn how to correctly breathe and perform asanas, their sequences, which gives you an effective impact that encourages further progress and improvement.	Rita Perminienė, Mai Ram Yoga teacher
13.00 - 14.00	Revive with yoga The conscious flow of yoga postures, breathing and relaxation will raise your energy level. Suitable for people of all ages and physical preparation.	Lina Grūnovaitė (Vidija), teacher of Sivananda Yoga Vedanta Center
13.00 - 14.00	Sri Sri Yoga. Office Yoga with yoga nidra - deep relaxation.	Ieva Belevičiūtė, Baltic "Art of Living" Foundation

PLEASE BRING A YOGA MAT AND WEAR COMFORTABLE CLOTHES FOR THE PRACTICES.

BIG STAGE EVENTS

LECTURES AND SPEECHES

TIME	EVENT	PERFORMER	TIME	TOPIC	LECTURER
17.00	Opening speech	Rajinder Kumar Chaudhary Honorary Consul of India to Lithuania			
17.10	Short presentation of the International Day of Yoga in Lithuania	Vaidas Deksnys			
17.30	Musical performance		17.40	Balancing, Thoughts-Liberating, and Stress-Reducing Essential Oils	"Scents of Provence", lecturer Laima Simonovic
18.00	Classical Mai Ram Yoga asana vinyasa	Mai Ram Yoga teachers	18.00	Yoga for sportsmen	Laimutė Vološkevičienė, Iyengar Yoga teacher, studio "Jogos medis"
18.20	Royal yoga pose "headstand"- Sirshasana	Sivananda Yoga Vedanta Center teachers	18.20	What is classical yoga. Traditional yoga path.	Romanas Voronovič, Mai Ram Yoga teacher
18.40	Iyengar Yoga priorities and peculiarities	Iyengar Yoga teacher Laimutė Vološkevičienė	18.40	How to live without violence? Is ahimsa possible without yoga?	Justas Kučinskas, Mai Ram Yoga teacher
19.00	Greeting from Swami Jaataveda. Meditation.	International "Art of Living" Foundation	19.00	Yoga - Peace here and now	Durga Devi, Senior teacher of Sivananda Yoga Vedanta Center
19.20	Gong bathing with Vyrenijus Andrijauskas	Vyrenijus Andrijauskas Baltic "Art of Living" Foundation	19.20	the end	
20.00	the end				

