

WHAT IS INTERNATIONAL DAY OF YOGA?

In 2014 United Nations declared International Day of Yoga, the day to commemorate the benefits of yoga. In 2015, 199 countries celebrated the International Day of Yoga. In India, Prime Minister, Narendra Modi participated with 35000 people on International Day of Yoga. The event was covered by the media and was broadcasted worldwide. In America, New York Times Square and in France, Eiffel Tower also hosted big events on International Yoga Day. Yoga means to connect, to link and to harmonize. Yoga is not only the body but to calm the mind and strengthen the community for the good. On this day with the scenic Osaka Castle we will strengthen and harmonize ties with 1000 people. We will symbolize peace for the world through yoga.



France • Paris



America • Washington

1000 People Yoga in Osaka Castle



India • Delhi



Kansai • Osaka Castle

SCHEDULE

9:00 Opened the gate of Nishinomaru Garden

9:15 Start accepting

10:00~11:00 Main Yoga Program 「1000 People Yoga」 (Free)

11:45~12:30 5 Yoga Programs

13:00~13:45 5 Yoga Programs

14:15~15:00 Final Yoga Program

HOW TO REGISTER?

Registration: Osaka Castle Nishinomaru Garden.

Special tent @ registration on that day only

TICKET: Please buy a wrist band @ the registration for various yoga lessons.

10:00-11:00am~1000 people Yoga-FREE (yellow wristband)

11:45-12:30~Yoga Program-YEN 500 (red wristband) handy cup yoga-Free(get green wristband)

13:00-13:45~Yoga Program-YEN 500 (blue wristband) Family yoga-Free(get green wristband)

14:15~15:00~Yoga Program-Free(green wristband)

NOTICE

Please bring a rug, such as yoga mat and bath towels.



10:00~11:00

Main Program ※Get the Yellow Wristband at the Reception ※Free of Charge

Osaka castle
1000 people
Yoga

This program is Kansai's largest Yoga class that are spending Yoga's time with 1000 people while touching big sky and the feel of the grass, enjoying to see Osaka castle tower of the symbol of Osaka. Let's share the 1000 people smile and the symbol of Osaka with the world. This program is Kansai Yoga Day Kansai's main event.



Naoko Nakamura (Japan)



Puruv Jhaveri (India)



Cho Yu Mei (China)

11:45~12:30

Yoga Class of 5 Area ※Buy the Red Wristband at the Reception ※1class ¥500/1person ※Handicap Yoga is Free of Charge

A : Beginner Yoga



Nalini Toshniwal

You can experience Hatha yoga's Asana and Pranayama. The important thing and the key to success of Yoga is constant practice.

B : Partner Yoga



Aco Hatanaka

Partner means two or three or more people do yoga together. You can enjoy easy yoga with friends, family, couple, first meeting people.

C : Laughter Yoga



Emiko Okamoto

Laughter Yoga is combination exercises of laughter and yogic breathing that made in India to the world. Let's send the Osaka's laughter to the world!

D : Care Yoga



Kenichi Sawa

Enjoying outdoor, you can experience how you can care your mind by yourself through Yoga therapy Assessment.

E : Handicap Yoga



Fusako Taniguchi

This class's theme is spending comfortably all together over flexibility of the body, age, handicap. ※Wristband (Green)

13:00~13:45

Yoga Class of 5 Area ※Buy the Blue Wristband at the Reception ※1class ¥500/1person ※Family Yoga is Free of Charge

A : Sunsalatation



Neela Srinidhi

Sunsalation means worship the sun. This class is the traditional Yoga style of the combination of 12 movements and breath with Mantra.

B : Family Yoga



Kano Ito

Ms.Kano Ito introduce "Kumamon and yoga program" has produced at the request of Kumamoto Prefecture and "Skin ship yoga" can enjoy with family. ※Wristband (Green)

C : Dynamic Yoga



Puruv Jhaveri

Dynamic Yoga is the class to train the mind, to refresh. Please spend comfortable through the dynamic yoga that can open mind & body.

D : Breathing Yoga Exercise & Kiran



Masako Yamamoto

Breathing Yoga Exercise opens chest, and gets prana (energy of life), and pull the energy of life out with Mantra & Kiran.

E : Raja Yoga



Lalita Pathela

"I'm... a radiant soul in the center of the forehead." This is the first lesson of Raja Yoga meditation. Raja Yoga by teaching Brahma Kumaria is easy and practical meditation class.

14:15~15:00

Yoga Class of 1 Area ※Get the Green Wristband at the Reception ※Free of Charge

A : Love's LOHAS Yoga in Osaka castle



Nun Yama Takashi

Let's laugh at the Love's Yoga that is to unique to Osaka, special to Osaka, to be heartwarming, with full affection. Yoga is Love. The collaboration of three Kansai's men who loves outdoor yoga is the first time!

Sponsorship



AIR INDIA
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Subway Tanimachi Line:Tanimachi 4-chome(1-B)orTemmabashi(3)
Subway Cuo Line:Tanimachi 4-chome(9)orMorinomiya(1,3-B)
Subway Nagahori Tsurumi-ryokuchiLine:Morinomiya(1,3-B)
JR Osaka Loop Line:Morinomiya
Keihan Line:Temmabashi
City Buses:Otemae or Bambacho

By Car
Hanshin Expressway:Hoenzaka Entrance or Morinomiya Entrance
Parking 350yen/hour

International Day of Yoga in Osaka Castle Park



~Nishinomaru Garden~
ADMISSION FREE ON THIS DAY
June 19th 2016
10:00am~11:00am (MAIN PROGRAM)
11:45am~15:00pm (11th yoga PROGRAM)
In case of rain the event will still be held

ADMINISTRATION: 

SUPPORTED BY: 

ADMINISTRATION:
Hosted by Osaka Castle Park Management J.V Sponsored by Consulate General of India
Organized by International Yoga Day of Kansai Committee
Email : yogadaykansai@gmail.com TEL : 06 6949 3553

SUPPORTED BY:
Osaka Prefecture Osaka City Consulate General of Italy in Osaka
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