



On the occasion of the International Yoga Day 2010 (8th October 2010), all member schools of ATMAN - International Federation of Yoga and Meditation will organize the following FREE events (local time will be adjusted to correspond to GMT+1):

15:00 - 16:00 Presentation of ASANAS - The Importance of practising physical postures in Traditional Yoga

16:30 - 17:00 YANG Spiral Meditation, with the theme: «YOGA reveals us God in our inner universe».

20:00 - 20:45 Meditation with the theme: «The state of spiritual unity in diversity of yogis all over the world».