



## THIRD INTERNATIONAL YOGA DAY - 21 JUNE 2017



### 3<sup>RD</sup> INTERNATIONAL YOGA DAY CELEBRATED AT AFRI, JODHPUR WITH GREAT ENTHUSIASM



The 3<sup>rd</sup> International Yoga Day was organized at Arid Forest Research Institute, Jodhpur on 21 June 2017 in the beautiful green serene open front area of the main building. The event which consisted of yogasana, pranayama and meditation started at 7:00 AM and lasted for 1 hour. The event was attended by AFRI employees and their family members including children. The technical support was provided by the trainers from 'The Art of Living Foundation' Jodhpur branch. AFRI Sports and Cultural Club organized the event.

The event started with prayer and chanting of Om followed by warmup and stretching postures including loosening practices through neck bending, shoulder rotation (Skandha Cakra), trunk twisting (Katishakti Vikasak), waist movement, jumping. These Cālana Kriyas/loosening practices/Yogic Suksma Vyāyāmas help to increase microcirculation. Various asanas namely TĀDĀSANA (Palm Tree Posture), TRIKONĀSANA (The Triangle Posture), BHADRĀSANA (The Firm/Auspicious Posture), VAJRĀSANA (Thunderbolt Posture), ŚĀSĀNKĀSANA (The Hare Posture), BHUJANGĀSANA (The Cobra Posture), ŚĀLABHĀSANA (The Locust Posture), PAVANAMUKTĀSANA (The Wind Releasing



Posture) were performed. This was followed by KAPĀLABHĀTĪ and ANULOMA VILOMA PRĀNĀYĀMA. Finally the participants did Dhyāna or meditation.

