



FOURTH INTERNATIONAL YOGA DAY - 21 JUNE 2018



4th INTERNATIONAL YOGA DAY CELEBRATED AT AFRI, JODHPUR WITH GREAT ENTHUSIASM



The 4th International Yoga Day was organized at Arid Forest Research Institute, Jodhpur on 21 June 2018 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 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), ŠĀSANKĀSANA (The Hare Posture), BHUJANGĀSANA (The Cobra Posture), ŠALABHĀSANA (The Locust Posture), PAVANAMUKTĀSANA (The Wind Releasing Posture) were performed. This was followed by ANULOMA VILOMA PRĀNĀYĀMA. Finally the participants did Dhyāna or meditation.

