



Embassy of India  
Ljubljana

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### **Online live streaming yoga sessions on Tuesdays and Saturdays to start from 2 February 2021**

Yoga and meditation are both the exercises and science of holistic healing of mind and body of a person which also prepares the body to fight the infections and diseases.

Prior to COVID-19 pandemic and the related restrictions, the Embassy of India in Ljubljana conducted classes on yoga and meditation at its premises, which were discontinued during the pandemic. Since the Embassy is not able to carry out these classes at its premises, for any students who enrolled for these classes and others interested in learning about yoga and meditation, the Embassy is organizing free online yoga classes in collaboration with the Isha Foundation on Tuesdays at 7pm CET and Saturdays at 5pm CET starting from 2 February 2021 at <https://www.facebook.com/indiainslovenia/>.

The practices that we intend to impart in an online video format are easy to learn, with no previous experience of yoga required. They have been designed for everyone above the age of 7 years and are non-religious. The sessions will be guided live by a trained Isha Yoga Teacher and include a Q&A session.

Session titles include: 'Yoga for Respiratory Health', 'Yoga for Wellbeing', 'Yoga for Health', 'Yoga for Success', 'Yoga for Mental Health', 'Yoga for Peace and 'Food for Wellbeing'.

All those interested in learning yoga and meditation are welcome to participate from the comfort of their homes. You are requested to register in advance at: [inf.ljubljana@mea.gov.in](mailto:inf.ljubljana@mea.gov.in).



Veleposlaništvo Indije  
Ljubljana

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### **Spletni tečajji joge ob torkih in sobotah z začetkom 2. 2. 2021**

Joga in meditacija spadata pod vadbo in znanost o celostnem zdravljenju duha in telesa, s pomočjo katerih krepimo odpornost in telesu omogočamo, da se bori proti vnetjem in boleznim.

Pred pandemijo covida-19 in z njo povezanimi ukrepi, je Veleposlaništvo Indije v Ljubljani izvajalo tečaje joge in meditacije v svojih prostorih, ki pa so se med epidemijo prenehali. Ker tečajev ne moremo izvajati v prostorih veleposlaništva, bomo za že vpisane tečajnike in druge, ki se zanimajo za učenje joge in meditacije, priredili brezplačne spletne tečaje joge v sodelovanju z Isha Foundation. Potekali bodo ob torkih ob 19. uri in sobotah ob 17. uri z začetkom 2. 2. 2021 prek Facebook strani India in Slovenia: <https://www.facebook.com/indiainslovenia/>.

Vadbe, ki jih nameravamo izvajati v spletni obliki, so enostavne za učenje, pri čemer predhodne izkušnje z jogo niso potrebne. Namenjene so vsem, starejšim od 7 let, in niso religiozne narave. Prenos seminarjev bo potekal v živo, izvajali jih bodo usposobljeni učitelji joge Isha Foundation in bodo vključevali tudi sejo z vprašanji in odgovori.

Med drugim bomo obravnavali jogo za zdravje dihal, jogo za dobro počutje, jogo za splošno zdravje, joga za uspeh, joga za duševno zdravje, joga za mir in hrano za dobro počutje.

Vsi, ki jih zanima učenje joge in meditacije, ste dobrodošli, da se vadb udeležite iz udobja svojih domov. Prosimo vas, da se za udeležbo vnaprej prijavite na: [inf.ljubljana@mea.gov.in](mailto:inf.ljubljana@mea.gov.in).