Embassy of India, Juba (South Sudan) celebrates the Third International Day of Yoga

On Saturday 24 June, 2017
Timing: 0830 hrs to 1000 hrs

At Embassy of India Chancery premises:
Plot No. 209-245 Block 3-K (South), Juba Na Bari adjacent to the National Elections Commission, Juba (South Sudan)

(In collaboration with Indian Contingent, UNMISS and Indian Association of South Sudan)

All are cordially invited to join the global celebration

0830 Participants expected to be in position for yoga session
0845 Programme Starts-Introduction, Yoga Session (Simple Exercises)
1000 Programme Concludes

Note: Yoga Exercise should be done on an empty stomach or light stomach. Light and comfortable clothes are preferred in Yoga Exercise. Kindly, if possible, bring Yoga mat/gym mat/folded blanket for your personal use at the Yoga Session. Light snacks will be served after the programme. It would be useful, if you could inform your participation in the International Day of Yoga in Juba by sending an email to admn.juba@mea.gov.in latest by 21 June 2017.