Embassy of India
Guatemala City
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PRESS RELEASE

EMBASSY OF INDIA IN GUATEMALA TO CELEBRATE INTERNATIONAL DAY OF YOGA 2024 ON JUNE 22, 2024

The Embassy of India in Guatemala is hosting a grand Yoga Event on Saturday, June 22, 2024, from 8:00 to 10:00, to celebrate the 10th International Day of Yoga. Recognized by the United Nations and observed globally on June 21st, the International Day of Yoga (IDY) serves as a testament to the ancient practice's manifold benefits for physical, mental, and spiritual well-being.

The International Day of Yoga, observed globally on June 21st, is a celebration of the ancient practice that promotes physical, mental, and spiritual well-being. Recognized by the United Nations, this day underscores the universal appeal and manifold benefits of yoga, transcending cultural and geographical boundaries. Through a variety of events and sessions worldwide, the International Day of Yoga fosters unity, peace, and holistic health, encouraging people from all walks of life to embrace yoga's transformative power. This global observance not only highlights yoga's rich heritage but also its contemporary relevance in promoting a balanced and healthy lifestyle.

The Embassy has successfully organized two mega events at Mariscal Zavala in 2022 and 2023, each drawing approximately 3000 participants. These hallmark celebrations symbolize the growing enthusiasm for yoga and its principles of holistic health and wellness within the Guatemalan community. In addition, the Embassy has also been actively promoting yoga across Guatemala, organizing numerous sessions that foster unity and peace by bringing together people from diverse backgrounds and cultures.

Building on this remarkable enthusiasm, the Embassy eagerly anticipates hosting another grand gathering at Mariscal Zavala on June 22, 2024, with an estimated 5000 participants. This event promises to be a landmark celebration, further solidifying the bonds of friendship and cultural exchange between India and Guatemala.

We invite everyone to join us in this celebration of yoga, a practice that promotes physical vitality, mental clarity, and spiritual growth. Come be a part of this extraordinary event and experience the transformative power of yoga.

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