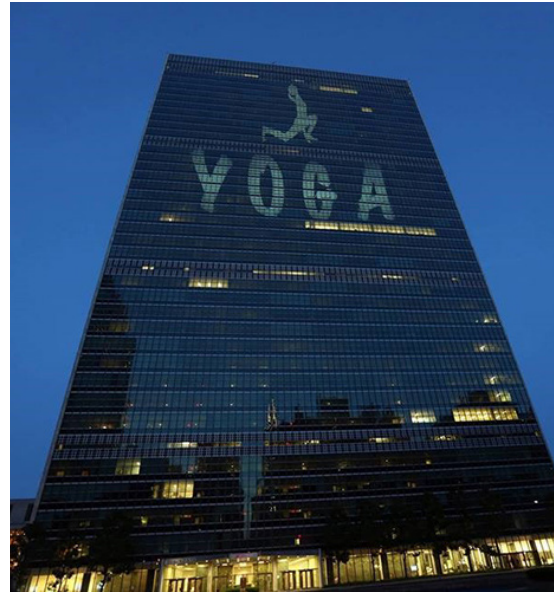


Connection ❖ Community ❖ Cooperation



## HISTORY

The United Nations General Assembly declared June 21st as the International Day of Yoga on Dec 11, 2014. The Resolution received broad support from 177 member states, including the USA, and was adopted without a vote by consensus.

*“Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one’s actions.”*

-B. K. S. Iyengar

**The United Nations General Assembly Adopted Resolution A/69/L.17 in 2014 proclaiming June 21 as the International Day of Yoga.**

## PURPOSE

The IDY Committee at the UN raises awareness of the benefits of the science and the fullness of yoga bringing attention to the present GA Resolution and assists the international community in implementing it.



2015 Yoga Day Event



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## OUR MISSION



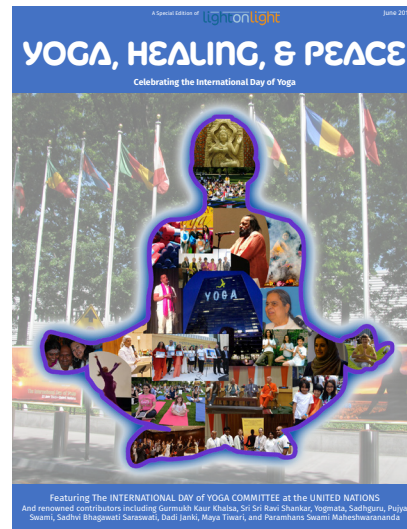
Yoga Day on the UN North Lawn

- Highlight yoga's contribution to intercultural understanding and cooperation, strengthening world peace and non-violence.
- Underscore the importance of sustainable development and environmental sustainability including climate change.
- Engage in activities to implement the present GA Resolution including through education, organizing events, developing partnerships, coordinating activities globally, regionally and locally.
- Work with the United Nations Organization System, the Permanent Missions to the United Nations, NGOs, medical and health experts, yoga practitioners and yoga related businesses, charitable foundations and civil society.



- Yoga is an ancient tradition practiced by people from all walks of life;
- Yoga's benefits appeal to people around the world;
- Yoga's holistic benefits include health and well-being in our modern age (integrating the spiritual, emotional, mental and physical dimensions) for healing, stress release and resilience;
- Yoga reaffirms the dignity and worth of the human person.

## ONLINE MAGAZINE



[issuu.com/unityearth/docs/lightonlight\\_un\\_idy](http://issuu.com/unityearth/docs/lightonlight_un_idy)



## BROADCAST



[unity.earth/convergence](http://unity.earth/convergence)

**Episode 6:** The International Day of Yoga, with the United Nations Committee June 15, 2018

VoiceAmerica's Convergence Series highlights the meaning of the UN's International Day of Yoga, how yoga is experienced in the work of the UN, how yoga is practiced in the daily lives of individuals in UN organizations and initiatives, and how Yoga Day is celebrated around the world.

From highly personal stories, you'll understand more about the UN and the fullness of yoga.