



Journée Internationale du Yoga

(Décision de l'Assemblée Générale de l'O.N.U en date du 11 Décembre 2014)



Le 21 juin 2015

La Coupole d'El Menzah - Tunis

De 22h30 à 23h30 *

“Je pratique le Yoga !”

- Sihem Belkhouja

“Le yoga c'est pour tous !”

- Fethi Haddaoui

**L'Ambassade de l'Inde
à Tunis**

&

**Le Ministère de la Jeunesse
et des Sports
de la République Tunisienne**

célèbrent la Journée Internationale du Yoga

- L'ambassade de l'Inde à Tunis vous invite le 21 juin 2015 à assister à une séance de Yoga à la Coupole d'El Menzah conduite par l'expert **Ravishankar Mani Pandey** qui vous introduira dans le monde sublime de Yoga avec des poses pour débutants.

**Le Yoga sera pratiqué ce jour dans tous les pays du monde!
Venons nombreux et assistons à un événement mondial!
Chaque participant recevra un tapis de Yoga gratuit.
Séance gratuite- l'enregistrement obligatoire**

- Enregistrez en ligne sur notre site web:

http://www.embassyofindiatunis.com/yoga_day_french.php

www.facebook.com/IndiainTunisia ou à l'Ambassade de l'Inde, Mutuelleville

- *Venez à 21h30 en vêtements amples pour finaliser l'enregistrement et collecter votre tapis



Soutenu par:

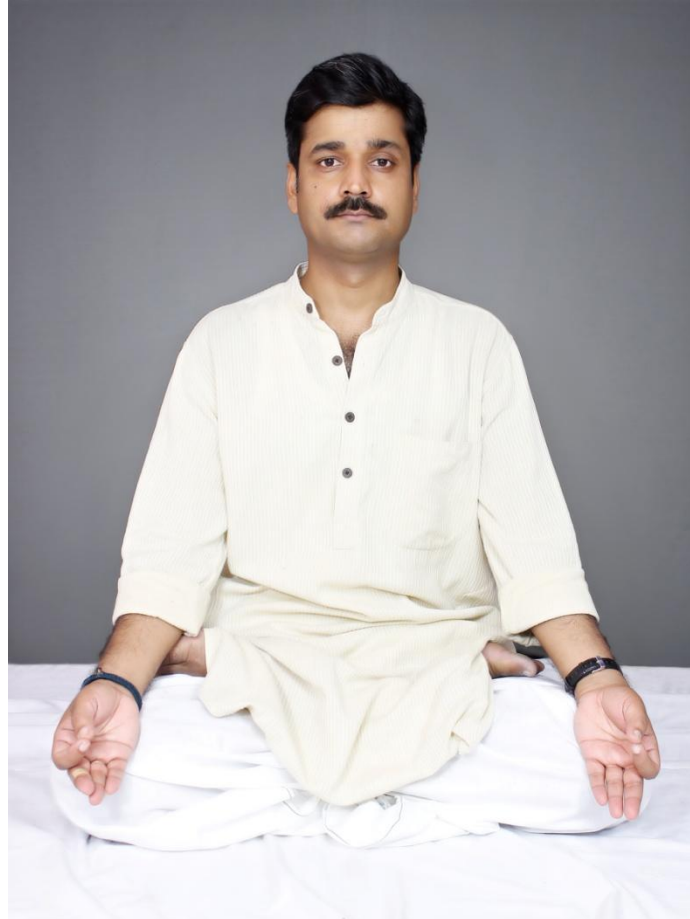
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**Embassy of India
Tunis, Tunisia**

Press Release

Yoga week starts in Tunis



With the arrival in Tunis today of Ravishankar Mani Pandey, the Yoga expert deputed from India to Tunis to conduct various programmes on Yoga, the Yoga week begins in Tunis in the build up towards the International Day of Yoga 2015.

From the 16 to 20 June, Mr. Pandey will conduct a daily 1-hour class of Yoga at the Centre Culturel et Sportif des Jeunes, Menzah 6, the best-known cultural and sports centre of the Government of Tunisia. Mrs. Nagma M. Mallick, Ambassador of India to Tunisia will speak about the health benefits of Yoga on 18th June in a special programme of RTCI, the state broadcaster of Tunisia. On Friday 19th June, Mr. Pandey and Ambassador Nagma M. Mallick will together speak on Yoga and what it means for the world today at the 8.00 a.m. morning broadcast on Mosaïque FM, the most popular FM radio channel of Tunisia.

On Sunday, 21st June will be held the grand group session of Yoga at La Coupole del Menzah from 2230 to 2330 hours, after the hour of breaking of the Ramadan fast. His Excellency Mr. Maher Ben Dhia, Minister for Youth and Sports of the Government of Tunisia will address the gathering. Sihem Belkhouja, well-known contemporary dancer and Fethi Haddawi, the most popular cine and TV star of Tunisia will both participate in the group session of Yoga. Ms. Nihel B'chini of the Art of Living

Foundation will assist with the session. Approximately, 300 Tunisians will be practicing Yoga under the tutelage of Mr. Pandey at this session, part of which will be telecast live on NESSMA TV, the most popular TV channel of Tunisia.

Finally, a special session of Yoga will be held for residents of the Medina, or the old city, on Monday, 22 June in a traditional Tunisian house, La Maison Saheb Ettabaa, which will be organized by Art and Democracy, an NGO committed to safeguarding Tunisian culture among young people. The weekly Magazine La Presse will carry a special capsule on yoga in its edition of Sunday, 21st June, while Arabic-language dailies Assabah and Adhamir will carry articles on Yoga in their editions of the same day.

Yoga is for everyone. Come to Centre Culturel et Sportif des Jeunes, Menzah or La Coupole del Menzah to take your first steps in self-awareness and harmony with nature.

15th June, 2015
Tunis

