|  |  |
| --- | --- |
| http://www.indianconsulate-sf.org/images/ashokachkra.gif | EMBASSY OF INDIAKUWAIT |

**Press release**

**Relaxation & Meditation**

 Indian Embassy in association with Heartfulness Meditation organized a meditation session at the Embassy auditorium on 6 May, 2016. This Event was organized as a run up to the main event before the 2nd International Yoga Day 2016 celebrations on 24 June 2016. The session started with a brief introduction to Heartfulness meditation by their Country Organizer, Mr. Balaji Srinivasan. Then, there was a practical session of Heartfulness Relaxation Technique. They can be contacted on kwt@heartfulness.org or sahajmargkwt@gmail.com to organize an introductory session.

2. The Indian Embassy is organizing 2nd International Day of Yoga at the Embassy Auditorium on Friday, 24 June 2016 from 0600 hours onwards. We would request all enthusiasts to register at the Embassy Website for the 24th June event to make it a grand success.

**09 May 2016**







