



INTERNATIONAL DAY OF YOGA 2021
CALENDAR OF YOGA EVENTS IN CANADA
BY
THE HIGH COMMISSION OF INDIA OTTAWA
AND
CONSULATES IN TORONTO & VANCOUVER

20 May	03.00 PM PST	Dr. Aravindhan Ravindran (Heartfulness), Vancouver	Dealing with Fear and Anxiety
25 May	5.30 pm	Yoga Session by Brahma Kumaris - Ottawa	Sacred Movement
26 May	5.30 pm	Yoga Session by Isha Foundation Ottawa	Yoga for Respiratory health
27 May	5.30 pm	Yoga Session by Patanjali Yoga Centre, Ottawa	Covid / Immune strengthening
	5.30 pm	Yoga Session by Art of Living Centre, Ottawa	
	03.00 PM (PST)	Tarana Kaur (Happiness Yoga), Vancouver	Happiness Wellness Yoga – For complete health
1 June	5.30 pm	Yoga Session by Brahma Kumaris - Ottawa	Movement of the Mind
	6:00 PM	Yogdeep with Gayatri Ramesh	Asanas Unravelled
	6.30 pm	Webcast of Yoga Documentary – Presented by Indian Diplomacy- Ottawa	HARMONY WITH NATURE
	7:30 PM	Heartfulness Institute	Meditation for Inner Peace
2 June	03.00 PM (PST)	Maitreyi Yogacharini (Arkaya Foundation), Toronto	Arkaya Yoga for Emotional, Energy and Stress Management

	5:30 PM	Isha Foundation	Meditation for Beginners
	6.30 pm	Webcast of Yoga Documentary – Presented by Indian Diplomacy - Ottawa	ALIGNING TO THE SOURCE
3 June	5.30 pm	Yoga Session by Patanjali Yoga Centre, Ottawa	Covid / Immune strengthening
	6:00 PM	Art of Living, Toronto	Immunity Boost and Wellness
	6.30 pm	Webcast of Yoga Documentary – Presented by Indian Diplomacy- Ottawa	YOGA TO THE WORLD
4 June	5.30 pm	Yoga Session by Art of Living Centre, Ottawa	Yoga for Inner Peace
	6:00 PM	Arogya Yoga with Niveditha Joshi	Yoga for Health
	6:30 PM	HSS, Toronto	Yoga for Self Control
	6.30 pm	Webcast of Yoga Documentary – Yoga with Ira Trivedi – By Doordarshan - Ottawa	
5 June	10:00 AM	HSS, Toronto	Yoga for Women
	6:00 PM	Brahmakumaris	Sacred Movement
	6.30 pm	Webcast of Yoga Documentary – Yog Deep with Gayatri Ramesh – By Doordarshan - Ottawa	
6 June	09.00AM (PST)	Dr. Suman Kollipara (Peace Tree Innovations Society) Vancouver	Wellness from Within - Sookshma Healing Meditation
	10:00 AM	Isha Foundation	Yoga for Success
	6.30 pm	Webcast of Yoga Documentary – Yog Deep with Gayatri Ramesh – By Doordarshan - Ottawa	
7 June	6:00 PM	Yoga with Arunita	Breathing Exercises and Essential Asanas for everyday practice
	6.30 pm	Webcast of Yoga Documentary – Yog Deep with Gayatri Ramesh – By Doordarshan - Ottawa	
8 June	5.30 pm	Yoga Session Brahma Kumaris - Ottawa	
	6:00 PM	Art of Living, Toronto	Immunity Boost and Wellness

	6.30 pm	Webcast of Yoga Documentary – Yog Deep with Gayatri Ramesh – By Doordarshan-Ottawa	
9 June	5.30 pm	Yoga Session by Isha Foundation Ottawa	
	6:00 PM	Isha Foundation	Yoga for Respiratory Health
	03.00 PM(PST)	Dr. Swami Satya Prakash & Dr. Preeti Yogashri Satyam (VISHWA & VYASA Canada) Vancouver	Yoga and Health for Immunity and Wellness during Covid-19
	6.30 pm	Webcast of Yoga Documentary – Yog Deep with Gayatri Ramesh – By Doordarshan-Ottawa	
10 June	5.30 pm	Yoga Session by Patanjali Yoga Centre, Ottawa	Covid safety/ Immune strengthening
	6:00 PM	Brahmakumaris	Movement of the Mind
	6:30 PM	HSS	Yoga for Self Control
	6.30 pm	Webcast of Yoga Documentary – Yog Deep with Gayatri Ramesh – By Doordarshan - Ottawa	
11 June	5.30 pm	Yoga Session by Art of Living Centre, Ottawa	
	6:00 PM	Vedic Spiritual Heritage Foundation, Toronto	Yoga For Everyone
	6.30 PM	Webcast of Yoga Documentary – Yog Deep with Gayatri Ramesh – By Doordarshan-Ottawa	
12 June	8:00 AM	Heartfulness Institute, Toronto	Stress Detox
	10:00 AM	HSS	Yoga for Family
	6.30 pm	Webcast of Yoga Documentary – Yog Deep with Gayatri Ramesh – By Doordarshan-Ottawa	
13 June	9:00AM	Art of Living, Toronto	Immunity Boost and Wellness
	6.30 pm	Webcast of Yoga Documentary – Yog Deep with Gayatri Ramesh – By Doordarshan-Ottawa	

14 June	6:00 PM	Vedic Spiritual Heritage Foundation, Toronto	Laughter Yoga and Accupuncture
	6:30 PM	HSS Toronto	Yoga for Self Control
	6.30 pm	Webcast of Yoga Documentary – Yog Deep with Gayatri Ramesh – By Doordarshan- Ottawa	
15 June	5.30pm	Yoga Session by Brahma Kumaris - Ottawa	
	6:00 PM	Brahmakumaris	Compassionate Movement
	6.30 pm	Webcast of Yoga Documentary – Yog Deep with Gayatri Ramesh – By Doordarshan- Ottawa	
16 June	11.00 AM (PST)	Dr. Claudia R. Bussanich (Vancouver Brahma Kumaris)	The Power of Healing through Raja Yoga
	5.30pm	Yoga Session by Isha Foundation Ottawa	
	6:00 PM	Yoga with Ira Trivedi	Yoga for Reducing Abdominal Fat
	6.30 pm	Webcast of Yoga Documentary – Yog Deep with Gayatri Ramesh – By Doordarshan- Ottawa	
	6:30 PM	HSS, Toronto	Yoga for Self Control
17 June	5.30 pm	Yoga Session by Patanjali Yoga Centre, Ottawa	Covid / Immune strengthening
	6:00 PM	Isha Foundation	Yoga For Mental Health
	6.30 pm	Webcast of Yoga Documentary – Yog Deep with Gayatri Ramesh – By Doordarshan- Ottawa	
18 June	5.30 pm	Yoga Session by Art of Living Centre, Ottawa	
	6:00 PM	Brahmakumaris	Raja Yoga
	6.30 pm	Webcast of Yoga Documentary – Yog Deep with Gayatri Ramesh – By Doordarshan- Ottawa	
	06.30 PM (PST)	Canada India Network Society (CINI) initiatives 2021, Vancouver	Seminar: Lowering the Burden of Chronic Disease Through Integrative Thinking

19 June	08.30 AM (PST)	Canada India Network Society (CINI) initiatives 2021, Vancouver	Voices from the Trenches
	8:00 AM	Heartfulness Institute, Toronto	Experiment with Heartfulness Relaxation
	10:00 AM	HSS, Toronto	Yoga for Students, Professionals
	6.30 pm	Webcast of Yoga Documentary – Yog Deep with Gayatri Ramesh – By Doordarshan-Ottawa	
20 June	08.30 AM (PST)	Canada India Network Society (CINI) initiatives 2021, Vancouver	Practice of Yoga
	08.30 AM (PST)	Indian Cultural Association (ICA) of Vancouver in partnership with Consulate General of India, Vancouver, is celebrating "International Day of Yoga - as part of "India@75 celebration - Azadi K Amrit Mahotsav"	Online Yoga Session
	FN	Special Yoga Workshop by Vedic Sanskruti, Yoga Centre	Yoga for Health & Wellness
	6.30 pm	Webcast of Yoga Documentary – Yog Deep with Gayatri Ramesh – By Doordarshan-Ottawa	
	7:00 PM	Canada India Foundation & Brahmakumaris	Meditation with Sister Shivani

21 June	6:00 PM	<i>Isha Foundation</i>	<i>COVID Special</i>
	05.00 PM (PST)	<i>Burnaby Hindu Temple; Varad Ashram Inter Cultural Services Humanitarian World (VISHWA) and VYASA-Canada in partnership with Consulate General of India, Vancouver will host the "International Yoga Conference" on International Day of Yoga 2021 - Vancouver</i>	<i>Hybrid Yoga Session. Yoga and Health for Immunity and Wellness during COVID-19 Venue: Burnaby Hindu Temple</i>
	FN TBC	<i>Special Yoga Workshop by Vedic Sanskruti, Yoga Centre Finale Event for IDY 2021 Yoga for Parlimentarians Exclusive Yoga Session for select Dignitaries & Diplomatic Corps, Ottawa</i>	<i>Yoga for Health & Wellness</i>