

Connect. Integrate. Become One.



International Day of Yoga 21 June

Alpharetta, Georgia, US, 2017-Jun-13 — /EPR Network/ — The Heartfulness Institute will mark the International Day of Yoga on 21 June with public events in various locations globally (www.heartfulness.org). The events will be held at the Institute's meditation and retreat centres and also at other community venues in partnership with civil society and yoga organizations and Indian diplomatic missions.

Every year on 21 June the United Nations invites the global community to celebrate the life-enhancing practices of Yoga. In establishing the International Day of Yoga, the United Nations underscored the need for building better lifestyles, recognizing that Yoga provides a holistic approach to health and well-being. The UN also called for the wider dissemination of information about the benefits of practising Yoga.

On the International Day of Yoga, the Heartfulness community, led by its youth, will bring together hundreds of thousands of people with the theme 'Connect. Integrate. Become One', in Chennai, Singapore, Hyderabad, Paris, New York, London, Toronto, Sydney and in other major metropolitan centres, as well as in many smaller cities, towns and rural areas globally. The core practices of Heartfulness are self-development tools for a modern lifestyle and for people from all walks of life. They include relaxation, heart-based meditation, cleaning and inner connection. There is no dogma or prerequisite of any kind, and no financial requirement; only the willingness and interest to try the simple, effective Heartfulness practices.

Since the beginning of 2017, the Heartfulness Institute has been offering free masterclasses in meditation, led by its global guide, Kamlesh Patel, also known as Daaji. More than one million people around the world, including educational, business and professional groups, have experienced the free masterclasses that are available at <http://en.heartfulness.org/masterclass/>.

Heartfulness is an approach to the Raja Yoga system of meditation called Sahaj Marg, founded at the turn of the 20th century and formalized into an organization in 1945. More than seventy years later, ongoing Heartfulness meditation training can be found

at 2,500 schools and colleges, and over 100,000 professionals are meditating in over 3,000 corporations, non-governmental and government organizations.

Heartfulness Centres, known as HeartSpots, exist in 130 countries, supported by thousands of certified volunteer trainers. There are over 5,000 HeartSpots and over 300 retreat centres around the world where thousands of people gather to meditate (<http://www.heartfulness.org/>).

About Kamlesh D. Patel

Known to many as Daaji, Kamlesh D. Patel is the fourth guide in the Heartfulness tradition of meditation. He is a prolific speaker and writer, and you can read his latest writings at <http://www.daaji.org/>.

About Heartfulness Institute

Heartfulness Institute is a non-profit organization that promotes well-being and self-development through meditation, research and training. The Institute offers programs for individuals, local communities, corporates, government departments and the armed services, schools and colleges, rural communities and civil society groups worldwide, supported by certified trainers who are volunteers and who offer their time and expertise in this social cause.

For more information

Email: info@heartfulness.org

Toll free numbers:India: 1-800-103-7726USA: 1-844-879-4327

Social Media:

Heartfulness [Facebook](#) | [Twitter](#) | [Google+](#) | [YouTube](#) | [LinkedIN](#) | [Instagram](#)

Websites:www.heartfulness.org, www.daaji.org

Durga Nagarajan, 180 Westchester Way, Alpharetta,Georgia 30005

===

Press release distributed via EPR Network (<http://express-press-release.net/submit-press-release.php>)