It’s the Yoga Season in New Delhi!

New Delhi, apart from being the country’s capital, is also the largest commercial city in North India. Due to the city being the melting pot of a variety of food, cultures, experiences and so much more, it is cosmopolitan in every sense. QutubMinar, Red Fort, India Gate, Humayun’s Tomb, JantarMantar and so many other historical monuments welcome lakhs of tourists from all over the world. The super paced lives of the people who inhabit this urbanscape and their constant struggle to move from one day to the next tell a thousand fascinating stories every day.

In a bustling city like New Delhi where stress is like an ingredient of daily life, Yoga helps in striking a balance between all of it. New Delhi offers a rich Yoga experience as it is home to many Yoga ashrams. These include various units of PatanjaliYogPeeth, Art of Living, Brahma Kumaris, Isha Yoga, Sri Aurobindo Ashram, Iyengar Ashram and Sivananda Yoga Vedanta Ashram.

In New Delhi, whichever part of the city you live in, Yoga is never far from you. Programmes that aim to rejuvenate the body, mind and soul through Yoga are on offer round the year, and they are available to suit every budget. In fact, many of the reputed Yoga institutions introductory courses free of cost. The number of Yoga related activities are presently on the increase att over the National Capital Region (the wider urban belt around New Delhi) thanks to the approaching International Yoga Day which is on 21st June 2019. While a Leaders’ Summer Camp is being organized at Noida from 4th June 2019 to 20th June 2019, in Gurugram, events like Yoga Teacher Training sessions, Yoga for Kids and Daily Yoga classes are held by various organizations. For people who want to purchase their Yoga essentials can visit the International Yoga Day Sale which will be organized on 21st June 2019 at Friends of Meditation, Naraina, New Delhi. The Municipal authorities of Delhi, like New Delhi Municipal Corporation and South Delhi Municipal Corporation are offering programmes based on Common Yoga Protocol in various public parks, and they are offered free of cost. Educational institutions like the Delhi University are also in the forefront of organizing Yoga activities.
With just a few weeks left for International Day of Yoga, a Curtain Raiser was organized by Morarji Desai National Institute of Yoga (MDNIY) on 1st and 2nd June 2019 at Indira Gandhi Indoor Stadium, New Delhi. Nearly 3000 Yoga professionals congregated at this event, which was an opportunity for them to update themselves about Yoga Day activities and also to upgrade their Yoga skills. All the well-known Yoga institutes became a part of it and contributed to make it a successful event. It turned out to be a wholesome programme for Yoga lovers as the event offered an experience that was enriched by knowledge, fun and a positive atmosphere.

Brahma Kumari is a well-known worldwide spiritual movement that believes in world renewal and personal transformation and is spread over 110 countries. Yoga is at the centre of their activities. In a conversation on the preparation for IDY 2019, Sister BK Pushpa of Brahma Kumari said “Letting the world know that Yoga is the only medium which nurtures the co-existence of a human being and the society is our aim. We have branches in over 140 countries and each one of them prepares programmes for International Day of Yoga. Even small villages become a part of it and come forward with some activities for the Day. For this year, we are again going to organize an event at Red Fort in which members from all our centers will practice meditation together, do various Yogic exercises and be part of spiritual talks, so that they can benefit physically and emotionally.”

The Yoga culture of New Delhi enables a resident of the city to find serenity in the midst of chaos and in the middle of her (or his) everyday struggle. While this city continues to run and never stops, Yoga becomes a much needed personal space where one can unwind and detoxify. While the city is preparing to host a variety of activities on International Day of Yoga, the city-dwellers can look forward to partake in them to find a path leading from the rich experiences they offer to the destination of an enduring sense of well-being.