Yoga makes it’s way into Switzerland

5th International Day of Yoga 2019 Celebration in Switzerland and Liechtenstein

As the world increasingly takes to Yoga affirming India’s leadership role in propagating this precious inheritance of humanity, this year the Indian Embassy in Berne is set to conduct Yoga events in 12 cities across Switzerland and Liechtenstein. The famed natural beauty of Switzerland set against the serenity of the Alps mountain ranges forms an ideal setting for the mind to settle into Yogic calm.

Partners like Art of Living, Rietberg Museum, Maharishi European Research University and Mata Amritanandamayi Centre will support the Mission in conducting different workshops and Yoga sessions, advocating the adoption of Yoga as a lifestyle.

As is well-known, Yoga is a union where amalgamation of body, thoughts and emotions happens, leading to enduring well-being. India is the proud place of origin of Yoga, and Government of India has been supporting various efforts to propagate this timeless practice across the world. The main event of International Day of Yoga (IDY) in Switzerland is scheduled to be held in Berne on 21 June, and the Indian Mission will play a significant facilitatory role in the event. A curtain raiser for the observation of IDY- 2019 was held on 3rd June in Berne along with the growing group of local Yoga enthusiasts. This year’s program at Saas Fee on the 5th June was dedicated to Swami Vivekananda, who was instrumental in introducing Indian Yoga and Vedanta philosophy to the western world, and had visited the place in 1896. Nature is the biggest healer and practicing Yoga at such captivating locations affirms the sense of harmony that lies at the foundation of Yoga.

Experiencing Yoga at the 2970m Schilthorn Summit peak on 16 June will be another attraction this year. A Yoga session is also scheduled in the popular ski resort town of Davos. Indian Embassy will also spread awareness regarding Yogic life-style practices by setting up Ayurveda and Incredible India lounges at each of the venues of IDY events to make it a wholesome wellness experience.
Saas Fee, the place where Swami Vivekananda visited in 1896

Schilthorn Peak where Yoga event will be held on 16th June

Glimpse of Yoga at Davos

Curtain Raiser for 5th IDY in Berne on 3rd June 2019