Consulate General of India, Jeddah
In Association with Arab Yoga Foundation

Celebrates
3rd INTERNATIONAL DAY OF YOGA
Wednesday, 21 June 2017

Venue: International Indian School, Jeddah

Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being.

On 11th December 2014, the 193 member UNGA approved by consensus with a record 175 nations co-sponsoring India’s resolution to establish 21 June as "International Day of Yoga".
NAUKASANA
Naukasana is a traditional posture. Its reference is not found in old Yoga texts but tradition is old. In the final position of this Asana, the body resembles the form of a boat, hence, it is named Naukasana.

BENEFITS
- Naukasana strengthens the abdominal muscles.
- It helps to remove belly fat.
- It improves digestion.

BHUJANGSANA
Let the lower part of the body from the toes up to the naval, touch the ground. Place the palms on the ground and raise the head like a cobra.

In Sanskrit, Bhujanga means Cobra. The final position of this Asana resembles the ‘Hooded Snake’, hence, it is called Bhujangasana.

BENEFITS
- Stretches muscles in the shoulders, chest and abdominals.
- Decreases stiffness of the lower back.
- Increases flexibility.

CHAKRASANA
This Asana has come through tradition. ‘Chakra’ means ‘wheel’. In this Asana, the whole body is given the shape of a wheel or half wheel, hence, it is called Chakrasana. The technique of Chakrasana has been described first by Swami Kuvalayanandaji.

BENEFITS
- Strengthens liver, pancreas and kidneys.
- Excellent for heart.
- Increases energy and counteracts depression.

TRIKONSANA
This Asana has also come through tradition. It has been described widely in modern Yoga Texts. We assume a triangular form through this practice hence it is called Trikonasana.

BENEFITS
- Strengthens your legs, feet and ankles.
- Stretches your hips, groins, hamstrings, calves and spine.
- Opens your chest and shoulders.