



सत्यमेव जयते

**Embassy of India, Juba (South Sudan)
celebrates the**



Third International Day of Yoga

On Saturday 24 June, 2017

Timing: 0830 hrs to 1000 hrs

At Embassy of India Chancery premises:

**Plot No. 209-245 Block 3-K (South), Juba Na Bari adjacent to the
National Elections Commission, Juba (South Sudan)**

(In collaboration with Indian Contingent, UNMISS and Indian Association of South Sudan)

All are cordially invited to join the global celebration



0830	Participants expected to be in position for yoga session
0845	Programme Starts-Introduction, Yoga Session (Simple Exercises)
1000	Programme Concludes

Note: Yoga Exercise should be done on an empty stomach or light stomach. Light and comfortable clothes are preferred in Yoga Exercise. Kindly, if possible, bring Yoga mat/gym mat/folded blanket for your personal use at the Yoga Session. Light snacks will be served after the programme. It would be useful, if you could inform your participation in the International Day of Yoga in Juba by sending an email to adm.juba@mea.gov.in latest by 21 June 2017.