



## YOGA IN DAILY LIFE

### ISTRIA

### PROGRAM

*Labin, Novigrad, Rovinj, Poreč, Buje, Umag*

*For the occasion of the first International Day of Yoga we will introduce some traditional yoga programs to the general public. Our wish is to enable everybody to feel the benefits of yoga - this holistic system for regaining well-being and achieving harmony with one self as well as with the whole environment. By experiencing the power of very simple movements performed mindfully everybody can witness for themselves its great and beneficial influences on body, mind and consciousness, no matter of previous experience, attitudes or prejudices.*

### Free yoga classes for the whole week June 15 till June 21

*Just come along and take some comfortable practicing clothes with. You are welcome to drop for various yoga lessons according to system Yoga in Daily Life, running in following shifts:*

#### **Labin - Mahaprabhudeep Ashram, Rudarska 1**

June 15 and June 18, 6.00 - 7.30 pm and 7.30 - 9.00 pm

June 16 and June 19, 7.30 - 9.00 pm

#### **Rovinj - Pučko otvoreno učilište** June 15 and June 17, 7.00 - 8.30 pm

**Novigrad - Sport hall Novigrad**, June 15 and June 17, 9.30 - 11.00 am

**Novigrad - Hotel "Nautica"**, June 15 and June 17, 7.30 - 9.00 pm

**Poreč - Club "Galija"**, June 16 and June 18, 9.30 - 10.30 am

**Poreč - Hotel "Pinia"**, June 16 and June 18, 7.30 - 9.00 pm

**Buje - Pučko otvoreno učilište**, June 15 and June 18, 6.30 - 8.00 pm

**Umag - Dom za starije i nemoćne osobe „Atilio Gamboc“**, June 16 and June 18, 7.00 - 8.30 pm

### Free yoga classes in nature June 21

**Labin** - park Zelenice, 9.00 - 10.00 am

**Novigrad** - park in Novigrad diocese, 10.00 - 11.00 am

**Umag** - Moela, "Africa" beach, 9.00 - 10.00 am

### Lecture Yoga in Daily life and four health June 21

**Rovinj** - June 19, Pučko otvoreno učilište 7.00 pm

**Labin** - June 21, Mahaprabhudip Ashram, Rudarska, 7.00 pm

*Welcome!*

*"Yoga is infinite, eternal and endless. Yoga is the consciousness that never sleeps, the life that never dies, the light that shines forever, within you and around you, without beginning and without end."*

*Vishwaguruji*