



# IDY - INTERNATIONAL DAY OF YOGA - 21st June

## 17th - 21st of June 2016, program in Vilnius

DATE / PLACE	TIME	ACTIVITY	LEADING THE SESSION:
June 17 Town Hall Square	09.00 - 09.45	Morning yoga practice – the Salutation of the Sun	Aistė Jančiūtė The Baltic Art of Living Charitable and Support Foundation (CSF)
	18.00 - 19.30	Open lesson of asanas and pranayama <i>(Asanas and pranayama practice of Basic Mai Ram Yoga level)</i>	Justas Kučinskas Mai Ram Yoga Teachers
June 18 Town Hall Square	09.00 - 09.45	Morning yoga practice – the Salutation of the Sun	Anastasija Narkevičienė Mai Ram Yoga Teachers
	18.00 - 19.30	Open lesson of asanas and meditation	Karolina Mikšienė The Baltic Art of Living CSF
June 19 Town Hall Square	09.00 - 09.45	Morning yoga practice – the Salutation of the Sun	Andrius Jokubaitis The Baltic Art of Living CSF
	18.00 - 19.30	Open lesson of asanas and pranayama <i>(Asanas and pranayama practice of Basic Mai Ram Yoga level)</i>	Justas Kučinskas Mai Ram Yoga Teachers
June 20 Town Hall Square	09.00 - 09.45	Morning yoga practice – the Salutation of the Sun	Anastasija Narkevičienė Mai Ram Yoga Teachers
	18.00 - 19.30	Open lesson of asanas and meditation	Marija Bitiniekytė The Baltic Art of Living CSF
June 21 Town Hall (Rotušė)	09.00 - 09.45	Morning yoga practice – the Salutation of the Sun	Ieva Belevičiūtė The Baltic Art of Living CSF
	15.30 - 22.00	International Day of Yoga celebration at Vilnius Town Hall	

*Bring your yoga mat and dress comfortably for yoga lessons.*