



# *IMLI ALERT*

## **INTERNATIONAL DAY OF YOGA 2022: YOGA FOR HUMANITY**

On 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131. Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Today it is practiced in various forms around the world and continues to grow in popularity.

The COVID-19 pandemic has been a great human tragedy and many people around the world embraced yoga to stay healthy and rejuvenated and to fight social isolation and depression during this time. Studies also show that yoga is playing a significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. It is particularly helpful in allaying their fears and anxiety.

To this end, IMLI will organize a yoga session tomorrow at 10:15 (CEST) during which IMLI graduates and students are invited to collectively participate in a thirty (30) minute virtual session to introduce and reinstate the significance of the practice of yoga among the members of the IMLI family.



For more information, please see the attached document.

We look forward to seeing you. The Zoom link to join the Session is:

IMO IMLI is inviting you to a scheduled Zoom meeting.

Topic: **INTERNATIONAL DAY OF YOGA 2022**

Time: **Jun 21, 2022 10:15 Amsterdam, Berlin, Rome, Stockholm, Vienna**

Join Zoom Meeting

[https://us02web.zoom.us/j/85020042255?](https://us02web.zoom.us/j/85020042255?pwd=T3FsV3V4WUcxL1c4Y2l3RWU5RmU5dz09)

[pwd=T3FsV3V4WUcxL1c4Y2l3RWU5RmU5dz09](https://us02web.zoom.us/j/85020042255?pwd=T3FsV3V4WUcxL1c4Y2l3RWU5RmU5dz09)

Meeting ID: 850 2004 2255

Passcode: 136903

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**PROPOSAL FOR CELEBRATION OF INTERNATIONAL DAY OF YOGA 2022:**  
**YOGA FOR HUMANITY**

**I. Background:**

21<sup>st</sup> June has been proclaimed as the International Day of Yoga by the Resolution (A/RES/69/131) adopted by the United Nations General Assembly on 11<sup>th</sup> December 2014.

“Yoga” in Sanskrit means “to unite”, which reflects the very purpose of its practice to unite the body with the mind and consequently, to unite the human spirit with the nature. To achieve this, the practice of yoga is composed of “Ashtanga” or the eight-limbs, namely, Yama (Self-restraints), Niyama (Observances), Asana (Postures), Pranayama (Breathing), Pratyahara (Withdrawal of the Senses), Dharana (Concentration), Dhyana (Meditation) and Samadhi (Total Absorption with the Nature).

Today, the practice of yoga—which originated in the Indian sub-continent over five thousand (5000) years ago—has passed down generations and spread world over owing to globalization made possible by the development of maritime trade. The benefits of its practice transcend beyond religion, belief system, faith, race, ethnicity, culture or community.

**II. Benefits:**

The practice of the principles of Yoga promises a holistic approach to both physical and mental health and wellbeing—a subject that has become all more crucial during the uncertainties posed by the Pandemic and the vulnerabilities of the global political and economic order.

Precisely, the practice of Yoga emphasizes on the values of mindfulness, empathy, moderation, discipline and perseverance for strengthening our physical alignment and mental perception to instill balance in the human relationship with the world. When practiced collectively, it fosters respect for other living beings and forges a path to embrace sustainable lifestyles essential to achieve Sustainable Development Goals.

Importantly, cultivating this understanding is vital among the maritime community that contributes towards the protection and preservation of the marine environment and towards combatting the global menace of climate change. True to the spirit of the Yoga Day theme this year, as yoga works in harmony with planet earth, the practice of Yoga is for Humanity.

**III. Proposal:**

In view of the above, it is proposed to celebrate the International Day of Yoga on 21<sup>st</sup> June 2022 (Tuesday) at 10.15am (Malta time) by means of collectively participating in a thirty (30) minute virtual session to introduce and reinstate the significance of the practice of yoga among the members of the IMLI family.

**IV. Instructions:**

1. The session will require participants to gather virtually from wherever they are comfortable.
2. The participants can engage in the session on a level floor with or without a mat (towels, old/spare bedsheets or blankets are alternatives).
3. The session will be a culmination of basic introduction to Yoga, breathing or pranayama and asana or postures.
4. The session will comprise of asanas or postures of beginner to intermediate level.
5. It is preferable to have an empty stomach before the session with a gap of at least 2 hours since the last meal.
6. Food may be consumed at least half an hour (30 minutes) after the session.
7. Keep breathing throughout!