



HIGH COMMISSION OF INDIA, BRUNEI DARUSSALAM

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International Day of Yoga celebrations in Brunei Darussalam

The 5th International Day of Yoga (IDY) will be celebrated by the High Commission of India in Brunei Darussalam on Sunday, 16 June 2019 at 07:00 AM at India House, Plot No. 11107, Jalan Kota Batu.

The High Commission invites all practitioners of yoga and those interested in yoga to participate in the event. A yoga session, based on the common yoga protocol, will be conducted by Mr. Ram Lavat Prajapati, a qualified yoga instructor. All participants are requested to bring along a yoga mat for the yoga session.

Refreshments including Indian vegetarian cuisine, will be served after the yoga session.

Brunei Darussalam 22 May 2019