

## 1000 PEOPLE PARTICIPATED on the INTERNATIONAL DAY OF YOGA - IDY – 2012 - BEJA

Organized by the YOGA PORTUGUESE CONFEDERATION, with the support of the CITY HALL OF BEJA, INATEL FOUNDATION and the PORTUGUESE OLYMPICAL COMMITTEE



More than 1000 practitioners on the International Day of Yoga - IDY – 2012 in BEJA / PAX JULIA,  
The Mega Yoga Class - Purusha Namaskára

The city of Beja / Pax Julia – a name which emerged from the Peace treaty signed between the Lusitanian, of Viriato, and the Romans, of Julius Caesar – 2000 years later, was once more a center of International Pax with the Celebration of the International Day of Yoga – IDY, which counted with the support of Beja’s City Hall.

In association with this First World Day - Inter Ethnical, Inter Cultural and Inter Religious, a Day of Light, where we celebrate the Human DNA - were present Teresa Salgueiro, Maria do Céu Guerra, Janita Salomé, the brothers Igor and Grichka Bogdanoff – world renowned international scientists, the representative of the Bishop of Beja, the president of the City Hall of Beja, and the principal Imam of all the mosques in India.

The Celebration of this International Day of Yoga - IDY, a candidate at the UNESCO / UN to become the FIRST GLOBAL DAY, has gathered, on the last 24<sup>th</sup> of June, more than 1000 practitioners, Yoga Teachers and Masters and one hundred children, on this international initiative organized by the Yoga Portuguese Confederation.





Teresa Salgueiro performed at the Opening Ceremony a theme from her latest album “O Mistério”, Janita Salomé – performed a Kirtana of Yoga with the Choir Orchestra OMKÁRA of the Yoga Portuguese Confederation, and actress Maria do Céu Guerra received the Career Achievement Award 2012. Among other personalities, were also present the President of the City Hall of Beja - Dr. Jorge Pulido Valente, the representative of the Bishop of Beja - Canon António Domingos Pereira, and the representative of India’s Embassy – First Secretary Mr. Nandkishor Pamwar, besides other national personalities who marked their presence on this Day for World Peace. **These Celebrations also counted with the participation and support of the main Yoga Masters from India, USA, Spain, France, Italy, Belgium, Russia, Greece Argentina, Norway, Nepal and Dubai and Portugal, as well as the representatives of the main World Religions, amongst other individualities.**



The Sport’s Complex Fernando Mamede, in Beja, was stage for the International Day of Yoga - IDY, an initiative promoted by the **Yoga Portuguese Confederation** which, gathered this year more than 1000 adults, Yoga Masters, Professors, and Practitioners, and one hundred children, coming from North to South of Portugal and from the entire World. This Day is candidate on the UNESCO / UN to officially become the **FIRST GLOBAL DAY OF HUMANITY**– on the **SOLSTICE, JUNE 21<sup>st</sup>**, (always celebrated on the



Sunday). It is a Day for Human Fraternity, Inter Ethnic, Inter Cultural and Inter Religious, the Day of Light and Intelligence, and Tolerance, a Day without any bloodshed for 24 hours. **Initiated in 2001 and celebrated since 2002, it gathers every year the main National Political Parties, the most important Religions in the World, and the most dignified Schools of the World.**

**This Day has already been officially proclaimed in India, in 2011 – December 4<sup>th</sup> and 5<sup>th</sup> – in a Summit that joined the Main Lineages of Traditional Yoga from India, with the co-organization of the **Yoga Portuguese Confederation** (the only Institution from outside India which joined this Summit). Since then the number of Countries and Yoga Institutions that have joined this movement has exponentially grown, and on this year of 2012, the International Day of Yoga - IDY was celebrated in more than 30 Cities all over the World.**



This year the Career Achievement Award was given to the actress Maria do Céu Guerra

**THE CITY HALL OF BEJA** was hostess to this Grand Celebration, being a structural partner of this Global Project, contributing together with the INATEL FOUNDATION and the OLYMPIC COMMITTEE OF PORTUGAL to its valorization and spreading. Also the High Commissary for the Immigration and Intercultural Dialogue, Pró-Dignitate Foundation, Youth Foundation, Portuguese Youth Institute, Polytechnical Institute of Beja, and all the Hindu Community of Portugal support this initiative.







PASHUPATI and OMKÁRA on Stage



The Advanced Yoga of PASHUPATI

Apoio Institucional: Organização:

Parceiros:





The presence of the official Entities (from right to left): Dr. Jorge Pulido Valente – President of the City Hall of Beja, Mr. Nandkishor Pamwar – First Secretary of India’s Embassy in Portugal, D.R. Kárthikayan – Counselor for the Human Rights and Responsibilities and President of the Foundation for Peace, Harmony and Good Governance from India, Dr. Mario Simões Deputy of Social Democratic Party (PSD) and representing the Parliamentary Group, Dr. Liontina Bastos – Regional Delegate of the Inatel Foundation of Alentejo, and Teresa Salgueiro – Singer.



## The Main World Religions together Bless the International Day of Yoga - IDY and the Planet



**The main religions and Philosophies of the World on stage – and their powerful vows**

The representatives of the Main religions and Philosophies joined hands in the name of peace, and blessed the Planet together, on the firm goal to appeal their leaders to stop the bloodshed in Humanity (in the name of a creative Principle), emphasizing the richness of diversity, tolerance and making the appeal that we highlight what we have in common, in the name of Human Fraternity (from right to left): Canon António Domingos Pereira – General Vigar of Beja’s Diocese – in representation of the Bishop of Beja and the Catholic Church; Father Robin – representing India’s Catholic Church; Dr. Nagendra – President of the Vivekánanda Yoga University of Bengaluru - India and NASA scientist, representing India; Jagat Guru Amrta Súrjánanda Mahá Rája – President of the Yoga Portuguese Confederation; Imam Umer Ahmed Ilyasi, Chief Imam of India and President of the All India Organization of Imams and Mosques; Abd Al-Latíf representative of the Sufi Order Naqshbandi; Dr. Mary Nelson – representative of the Parliament of the World Religions, of USA; Minister Miriam Lopes – Evangelic Presbyterian Church of Portugal; Rietske van Rey – representative of the Portuguese Buddhist Union; Palmira Bastos Ferreira –Bahá’i Faith Community.

**Apoio Institucional:**



## International and National Yoga Schools



All the Yoga Schools on stage – India, Americas, Europe, with Portugal included

**International and National Yoga Schools fully present at the International Day of Yoga - IDY** (from right to left): Brahma Kumaris Catarina Palma representative of the International and Portuguese Brahma Kumaris, Dr. Nagendra – President of the Vivekánanda Yoga University from Bengaluru - India and NASA scientist, Dr. Sharma representing the Keivalyadhama Yoga Institute from India, Svámin Parabhakti Dasa representing ISKCON – Hare Krishna movement from India, Sai Biria (France) and Patxi Lizardi (Spain) in representation of Master BKS Iyengar from India, Dr. Gopal Ji – President of the Global Yoga Alliance from India, Svámin Gopálánanda from India, Sat Bir Kalsa neuroscientist and Kundalini Yoga teacher from the USA, Dr. Dilip Sarkar medical doctor from the USA, H.H. Sadguru Yogiraj Shrí Shrí Mangeshda - founder of Kriyá Yoga Foundation from India, Mahamandaleshvar Yogacharini Pandit Gayatri Devi - Emy Blesio (Italy) – President of the International Yoga Confederation from India, Mahamandaleshvar Svámin Suryananda - Amandio Bianchi – President of the World Movement for Yoga and the European Yoga Federation from Italy, Maestro Madhava Director of YOGA SANATANA DHARMA from Spain, Master Surabhi - President of FEYS – Spanish Yoga Federation Satsanga, H.H. Shrí Svámin Shankaratilakánanda Paramahansa from Spain, Chandra M. Bhandari – Former Ambassador of India, Ramón Ruedas - Director and Founder the Center for Integral Yoga - Seville–Spain, Guru Ji K.B. Madhavan – Director and Founder of the Friends of Yoga from Dubai, Aischwarya Devi - Mary Soukoulis – Founder of the Rája Yoga Center of Art from Atenas – Greece, Master Sandra Xavier – President of the Yoga Lusa Federation, Master Catarina Ferreira – representating the Yoga Portuguese Regional Associations, who were present not only on the 24<sup>th</sup> of June on the Sport's Complex Fernando Mamede, but also on the previous day, at the World Conference of Darshana / Philosophy and Science.



We also highlight the presence of Dr. Bishal Sitaula, Ph.D. – Professor of the Department of International Environment and Development Studies, Norwegian University of Life Sciences of Norway, and Dr. Alfredo H. Lauría - Medical Doctor, Co-director of the Medicina Ayurveda Universidad Maimónides – Argentine.



(from the left to the right) The Scientists Igor and Grichka Bogdanoff; representatives of the Italy Yoga Schools, Mahamandalesvar Yoga Acharya Svámin Shivánanda Sarasvatí – Founder of the Súrya Chandra Yoga Ashram of Rome and General Secretary of the Global Yoga Alliance of India; Singh Sahib Bhai Shaib Hari Singh Khalsa - President of the Sikh Italian Union, with the Gr. Master Jorge Veiga e Castro.



Yoga for Children – for the Defense of the Future– for self-responsibility and the preservation of the ecosystems and for Fraternity

Apoio Institucional: Organização:

Parceiros:



The Opening of the International Day of Yoga - IDY for Children was made on stage with a Yoga Demonstration for Children, followed by a Class specially dedicated to one hundred children, which were present at the Stadium.



Advanced Ásana Demonstration and Traditional Indian Dance by the Global Yoga Alliance

Through the day there were several celebration activities, among them, a Mega Yoga Class for Everyone – Purusha Namaskára, Kirtana presentations by the Choir Orchestra – OMKÁRA, Yoga Demonstrations by the PASHUPATI – Advanced Traditional Yoga Demonstration Group for Adults and Children, Hindu Dance by the Group Shiva Rája – Group of Classical Dance from India - Bharatnáthyam, all from the Yoga Portuguese Confederation. There were also Advanced Ásana Demonstrations and Hindu Dance by the Global Yoga Alliance from India, Yoga Presentations, Ásana, and Kirtana by the several International and National Yoga Schools, such as ISKCON – Hare Krshna Movement, Brahma Kumaris, amongst others.



Roopa Ravindran – Dancer and Choreographer from India



The intervention from the invited Yoga School – ISKCON Hare Krishna International Movement





Bhārata Nāṭya Presentation by the Group Shiva Rāja



Dr. António Canguero - Recital of a text in Mirandês



ALMARGEM

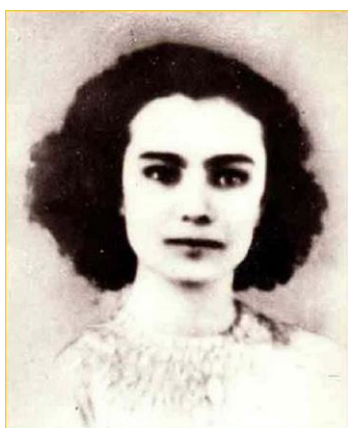
The Celebrations also emphasize the devoted work of **UNICEF** and of **ALMARGEM**, and homage the second Official Portuguese Language - the **Mirandês**, with a recital of a text, by the guest Dr. António Canguero. Highlight to the morning, when the Yoga Portuguese Confederation gave the Award Gandhi / Sérgio Vieira de Mello, which every year rewards the work made towards a Just Globality, Inter Ethnical Equality and Fraternity and Social Contribution, attributed to the athlete Fernando Mamede.





The Promoter of the International Day of Yoga - IDY – President of the Yoga Portuguese Confederation – Gr. Master Jorge Veiga e Castro/Jagat Guru Amrta Súryánanda Mahá Rája making his speech

The Gr. Yoga Master Jorge Veiga e Castro / H.H. Jagat Guru Amrta Súryánanda Ji Mahá Rája – President of the Yoga Portuguese Confederation, spoke that “the human race needs be aware that it was born from a common DNA, that it has a Planet to take care of, and that the diplomatic solutions should overlap the conflicts – for us, for our descendants, so that our Planet has a Future and so that Global Human Fraternity is fulfilled” that is the reason why “every year we practice a Mega Yoga Class, which, among other goals, aims for the expansion of consciousness, which throughout these years has been attracting the grand Yoga Masters from India and from all the World to Portugal” adding still that “Yoga transmutes the DNA of each practitioner through decades of practice” and reminding that “this is the largest gathering of Yoga Masters, outside of India”.



Catarina Eufémia



The Mantra / Kirtana from the Choir Orchestra OMKÁRA of Yoga Portuguese Confederation

At the end of the Day (with the music from Zeca Afonso) a simple Homage to Catarina Eufémia was made, who, near Beja in Baleizão, gave her life for her democratic ideals, with her immense courage to fight for the most elementary rights of Citizenship, from which we all benefit today.

Apoio Institucional:

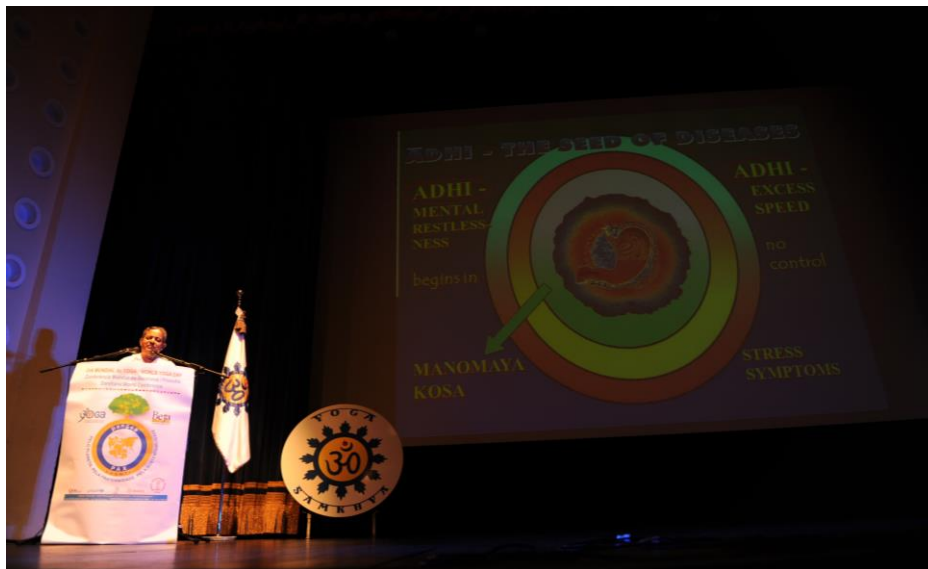
Parceiros:



## WORLD CONFERENCE OF DARSHANA / PHILOSOPHY AND SCIENCE June, 23<sup>rd</sup> (Saturday)



The Pax Júlia and the Omkára at the opening of the Darshana Day



**Dr. Nagendra – President of the Vivekánanda Yoga University of Bengaluru - India and NASA Scientist  
 One of the Speakers of the World Conference of the Darshana and the Sámkhya Night – Practical Philosophy**

**Apoio Institucional:**      **Organização:**  

**Parceiros:**           



As always on the previous Day – Saturday, 23<sup>rd</sup> of June – beginning from 9:00h was held the **WORLD CONFERENCE OF THE DARSHANA / PHILOSOPHY AND SCIENCE**, this time on the MUNICIPAL THEATRE PAX JULIA. This cycle of Conferences counted with the participation of the Grand Yoga Masters from the World and International and National Yoga Schools (among them Dr. Nagendra – President of the Vivekánanda Yoga University of Bengaluru - India and NASA Scientist, Dr. Sharma representing the Keivalyadhama Yoga Institute from India, D.R. Karthikayan – Counselor of the Human Rights and Responsibilities and President of the Foundation for Peace, Harmony and Good Governance from India), among many others.



Speakers of the Sámkhya Night– Igor e Grishka Bogdanov – about the Origin of the Universe

**The Scientists Igor and Grichka Bogdanov** exposed their more recent studies, and launched in Portugal their new book, “The Mind of God” – a reflection about the origin of the Universe, from the instant zero, passing through the moments of  $10^{-45}$  s, e  $10^{-33}$  s, and also the Plank’s Era, and the Plank’s Wall.

Apoio Institucional:

Parceiros:





**The Magic of the PASHUPATI's Presentation– OM GURU OM**

The night ended with a show of beauty and harmony, performed by the Pashupati – Traditional Advanced Yoga Demonstrators Group, in a presentation focusing on the role of all the true Grand Yoga Masters of the Planet, and their importance for personal Evolution, self-demand, Tolerance and the construction of a true Human World Fraternity.



**MÁYÁ – Amateur Theatre Group of the Yoga Portuguese Confederation**

This Day also counted with a presentation of the MÁYÁ – Amateur Theatre Group from the Yoga Portuguese Confederation which brought to stage the Letters of Mariana Alcoforado.

Apoio Institucional: Organização:

Parceiros:



On Friday, June 22<sup>nd</sup>, the celebrations of the International Day of Yoga - IDY began with a Cultural Night with a concert from the Singer Teresa Salgueiro who presented her latest album “O Mistério”.



On that same evening there was also a visit to the Museum of Sembrano in Beja, guided by the archeologist Dr. Rui Aldegalega, where on the underground of Beja / the Roman Pax Julia, in an area estimated to be around 2.500 years-old, an amazing discovery, at a world scale, was made – a being in an unusual position, which in Yoga is called “lotus position” (or Siddhásana). This means that someone (a grand Master?) “departed” in Meditation / Enlightenment! Something extremely rare, if not inedited at this time, in the so called “West” which makes Lusitania / Portugal (apparently) a unique place – outside of the Great India – concerning Yoga / Meditation.





## What is the International Day of Yoga - IDY

The International Day of Yoga - IDY is a precursor Candidate at the UN / UNESCO to become the FIRST GLOBAL DAY, it is celebrated at a Cosmic Auspice – Supra Cultural – a Solstice – June, 21<sup>st</sup> – (celebrated always on the following Sunday when not coincident).



The opening of the International Day of Yoga - IDY, the Teachers of the Yoga Portuguese Confederation, The children, the World, and the Future

It is a Day for Human DNA, for Global Awareness - Inter Ethnical, Inter Cultural, and for Inter Religious Ecumenism. For a fair Globalism and for the fading of the global inequalities, Day of Light and the intelligence associated to it, for a Culture of Diplomacy, against war, for the Cult of Life, World Fraternity, and for Humanity - 24 hours without any bloodshed in the entire Planet. The high importance of what the human Beings and the Nations have in common is celebrated, for the respect of the richness of Diversity - ethnic, cultural, and the Ecosystems. For the importance of personal development and self-demand and self-responsibility - and the human / Cosmic connection.

It is also the Day when Portugal attracts the highest Yoga personalities from India and the World, the most prestigious International and National Yoga Schools, and brings together the major World Religions, and International and National Scientists, as well as the representatives of the main National Political Parties.

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