

MUMBAI PORT TRUST - GAD-WELFARE DIVISION

“International Yoga Day – 21st June 2016”

From 19th to 21st by Mumbai Port Trust at
Gateway of India / Ballard Pier/Nadkarni Park, Wadala (E)

SCHEDULE

Date	Timing	Programme
19.06.2016 Sunday	1st Session : Get Awakened at Gateway	
	Venue : GATEWAY OF INDIA	
	7.00 a.m. 7.05 a.m. 7.10 a.m. 7.15 to 8.30 a.m. 8.30 onwards	Inauguration-Yogic Invocatory Dance Lighting of Lamp Honour – Chief Guest & others Ashtang Yog by Patanjali Yog Samiti, Mumbai Heartfulness Meditation by Chairman, MbPT
	2nd Session : Bhastrika by Ballard Pier	
	Venue : BALLARD PIER	
	10.00 a.m. to 11.00 a.m. 11.00 a.m. to 12.00 noon 12.00 noon to 2 p.m.	Pranayam by Patanjali Yog Samiti Meditation by Heartfulness Institute Satyanand Yoga Centre, Mumbai & Yog Kala Upasana Foundation
20.06.2016 Monday	1st Session : Gateway of India	
	7.00 a.m. to 9.00 a.m.	Patanjali Yog Samiti, Mumbai.
	Venue : Conference Hall, Vijaydeep	
	11.00 a.m. to 12.00 noon 12.00 noon to 1.00 p.m. 1.00 p.m. to 1.30 p.m.	Yog Kala Upasana Foundation Meditation by Heartfulness Institute Yog Nidra by Satyanand Yoga Centre, Mumbai
	2nd Session Venue : Welfare Centre, Nadkarni Park, Wadala	
	6.00 p.m. to 7.30 p.m. 7.30 p.m. to 8.15	Workshop for families at Nadkarni Park Colony Wadala Patanjali Yog Samiti Meditation by Heartfulness Institute
21.06.2016 Tuesday	International Yoga day : at Gateway of India	
	7.00 a.m. to 7.15 a.m. 7.15 a.m. to 8.30 a.m. 8.30 onwards	Inauguration and Welcome address Patanjali Yog Samiti - Protocol Conclude with Heartfulness Institute