

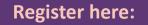


DHARMIC CULTURES NETWORK



SCHOOL OF HEALTH SCIENCES "HEALTH & WELLBEING" CHAMPIONS NETWORK

## 'INTERNATIONAL DAY OF YOGA' CELEBRATION EVENT 2024





https://tinyurl.com/yogaday24

## Friday 21<sup>st</sup> June 2024

9.45 am to 12.30pm Room 3.44 A , Simon Building, University of Manchester

- 'Science and yoga' Professor Nawal Prinja (keynote speaker)
- 'Journey of teaching yoga', Anna Wilding
- Free meditation session by Pāranāyaka (Manchester Buddhist Centre)

Free yoga taster sessions by 'Iyengar yoga UK' 2pm or 3pm on-campus (book 1 slot only)

Join us to learn about authentic yoga practices to take care of our mind, body and soul. An official UN observance day: https://www.un.org/en/observances/yoga-day