



# 'INTERNATIONAL DAY OF YOGA' CELEBRATION EVENT 2024



Register here:



<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>*