



Geneva, 12 June 2024

## Yoga, for unity and wellbeing

From 20 June to 2 July 2024, the Palais des Nations in Geneva will host the 'Master Yoga' art exhibition to celebrate the 10th anniversary of International Yoga Day. This event is organised by Yoga4unity, an initiative of the Heartfulness movement, in partnership with the World Health Organisation (WHO) and with the support of the Permanent Mission of India to the UN and international organisations<sup>1</sup>, the United Nations and numerous yoga institutions.

Combining art and yoga, the exhibition will highlight the works of ten artists (painters, ceramists, sculptors) and the types of yoga practised by seven different schools. On Friday 21 June, a giant yoga session will bring together over 300 people on the lawn near the Alley of Flags. Then, every working day, free yoga sessions will be offered in the exhibition area. Visitors will be able to experience the benefits and impact of these practices on well-being and peace.

### A unifying event

The Master Yoga exhibition, which is also being held at UNESCO Paris (15 to 21 June 2024), invites visitors to delve into the world of yoga, past and present, to experience yoga in its different forms, and to promote ways of living that are capable of meeting the challenges of the 21st century. Beyond individual well-being, yoga can also offer pathways for societies in search of lasting peace, unity, solidarity and harmony with nature.

This initiative, under the aegis of the Yoga4unity programme, aims to bring together international organisations, artists and the general public around the values of peace, unity and harmony with nature, while celebrating a decade of worldwide recognition of yoga.

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<sup>1</sup> Full name, abbreviated in the following text as 'Permanent Mission of India'.

## An artistic vision of yoga

The exhibition will offer an immersion into the world of yoga through works of art and experiments. On 20 and 21 June 2024, there will even be live painting accompanied by musical performances.

The artists will include three students from the Academy of Fine Arts in Dresden, selected from around fifteen applicants.

## Experiencing unity in diversity

On 21 June, the ceremony organised by the Permanent Mission of India to celebrate the 10th International Day of Yoga will bring together over 300 people for a giant yoga session on the lawn near the Allée des Drapeaux.

From 24 June to 2 July, every working day at 1pm, visitors will be able to attend free yoga and meditation sessions led by teachers from various schools.

## Access to the exhibition and registration for the yoga sessions

To gain access to the Palais des Nations, visitors must register in advance via a dedicated platform and present themselves at the entrance with a form of identification.

Registration for yoga sessions and the exhibition: <https://indico.un.org/event/1012135/>

Registration for the giant yoga session on 21 June: <https://indico.un.org/event/1011828/>

## Contacts media

Aurélie Andriamialison

Coordinator of the Yoga4unity initiative in Switzerland, Heartfulness

[a.andriamialison@volunteer.heartfulness.org](mailto:a.andriamialison@volunteer.heartfulness.org), +41 77 452 58 95

Sylvie Berti-Rossi

Curator of the exhibition Master Yoga in Switzerland, Heartfulness

[s.berti-rossi@volunteer.heartfulness.org](mailto:s.berti-rossi@volunteer.heartfulness.org), +41 79 332 09 19

Isabelle Wachsmuth

Communication and Project manager at World Health Organization

[hugueti@who.int](mailto:hugueti@who.int), +41 79 374 70 28

## Programme

### Thursday 20th June 2024

1:00 pm: Welcome and guided tour of the exhibition

1:30 pm: official opening in the presence of UN representatives and the exhibition's main partners (WHO, Permanent Mission of India, Yoga4unity)

2.00 pm: live performance of painting and music, with Isabelle Wachsmuth and Nima Emami (painting) and Maïck Cochard, Shilpi Paul and Florian Schiertz (song and music)

3.30 pm: end of the ceremony

### Friday 21 June 2024

8-10 am: celebration of the 10th International Yoga Day, in the Allée des Drapeaux (this part is organised by the Permanent Mission of India, see ad hoc invitation in the press kit)

10.30 am to 12 noon: live painting and music performance, with Isabelle Wachsmuth and Nima Emami (painting) and Kunal Singh and Jacques Madjar (song and music).

### Programme from 24 to 28 June + 1 and 2 July 2024

You will find detailed information on the yoga sessions and the artists in the attached appendices.

## Appendices of the Press Kit

- Flyer for the 'Master Yoga' exhibition
- Detailed yoga classes schedule from 24 June to 2 July 2024
- List of exhibition and live performance artists
- Invitation to the celebration on 21 June 2024, organised by the Permanent Mission of India
- About : Yoga4unity and Heartfulness

20 June to 2 July 2024  
Opening on 20 June at 13:00

Palais des Nations, Geneva  
Door 40, E . Building, 2nd Floor

ARTISTIC  
EXHIBITION

# Master Yoga, for Unity and Wellbeing

# Master yoga



my **Yoga  
Potential**



Free daily program and yoga sessions  
All attendees are kindly requested  
to register at:  
<https://indico.un.org/event/1012135/>



World Health  
Organization



heartfulness  
the way of love



Dresden University of Fine Arts



SAHAJA YOGA  
MEDITATION



SRMD YOGA



Sivananda Yoga

isha



THE ART OF LIVING  
SWITZERLAND



BRAHMA KUMARIS

## DETAILED YOGA CLASSES SCHEDULE

>> Registration for yoga classes: <https://indico.un.org/event/1012135/>

**24 June, 1.00 to 2.30 pm**

Sivananda yoga class

Hatha Yoga Class of 90 minutes: Breathing exercises (Kappalabhati and Anuloma Viloma), Sun salutations, Série of 12 postures, Final relaxation. This session will be given by Girija +41 79 817 33 54, girija@sivananda.net

**25 June, 1.00 to 2.00 pm**

Brahma Kumaris yoga class

Peace and Happiness through Ancien Raja Yoga. 1-hour introduction to the spiritual knowledge and practice. This session will be given by Lois Gaudibert +41 76 681 26 80

**26 June, 1.00 to 2.30 pm**

Heartfulness yoga class & meditation session

Yoga Class of 90 minutes: A full spectrum of Yoga with a seamless flow between asanas and meditation. The uniqueness of Yogic Transmission is at the heart of the practice. This session will be given by Richa Suman +41 77 927 43 01

**27 June, 1.00 to 2.00 pm**

Shrimad Rajchandra Mission (Dharampur) yoga class

Connect to Your Peace Centre: 1 hour-experience of a blend of yoga, sound bath & dynamic tabla movement meditation with SRMD Yoga Head, Atmarpit Shraddhaji +91 98 33 08 31 77

**28 June, 1.00 to 3.00 pm**

Art of Living yoga class

A complete session with asanas (postures), pranayamas (breathing techniques), meditation, yoganidra and an exploration of yoga beyond the mat. This 2-hour session will be given by Tejal Pradhan and Apoorv Pathak +41 76 517 32 98 | apoorv.pathak@artofliving.ch

**1 July, 1.00 to 2.00 pm**

Isha yoga class

An introduction to Isha Hatha Yoga: Discover basic practices to activate the joints, muscles and energy system; delve into a guided meditation. This session will last between 1h to 1h30 and will be given by Laurène de Reydet +41 76 547 10 84 | l.dereydet@hotmail.com

**2 July, 1.00 to 1.30 pm**

Sahaja Yoga class

A 30-minute session to understand Sahaja Yoga, a method to reach a state of deep meditation through the spontaneous and effortless awakening of the spiritual Energy Kundalini within us. The session will be followed by a time of exchange and will be given by Ajeeta Di Munno +41 79 176 74 07

## LIST OF INVITED ARTISTS



### Master Yoga exhibition

Illustrator: Albertine, Switzerland

Visual artist: Nelo Sculpteur, France

Ceramic artist: Marie-Blanche Nordmann, Switzerland

Painter: Krishna Subramaniam, India

Painter: Kathleen Scarboro, France

Painter: Christian Macketanz, Germany

Painter: Isabelle Wachsmuth, Switzerland

Painters studying at the Academy of Fine Arts, Dresden (Germany):

- Dorothea Schmelzer-Bewerbung
- Svenja Landsiedel
- Nima Emami

### Live performances of painting and music

Painter: Isabelle Wachsmuth

Painter: Nima Emami

Singer: Maïck Cochard, Switzerland

Singer: Shilpi Paul, India

Tabla player: Florian Schiertz, Switzerland

Singer and musician: Kunal Singh, India

Sitar player: Jacques Madjar, France

### Discover the artists on the social networks

<https://www.facebook.com/HeartfulnessSuisse/>

[https://www.instagram.com/heartfulness\\_switzerland](https://www.instagram.com/heartfulness_switzerland)



सत्यमेव जयते



Indian Council for Cultural Relations  
भारतीय सांस्कृतिक सम्बन्ध परिषद्



Yoga for Harmony & Peace

*Permanent Mission of India to the UN and other IOs  
and the Consulate General of India  
Geneva*

*cordially invite you  
to the celebration of*

***10<sup>th</sup> International Day of Yoga***

*led by*

***Gurudev Sri Sri Ravi Shankar***

*on*

*Friday 21<sup>st</sup> June 2024 8 - 10 a.m.*

*at*

*UN HQ, Palais des Nations, Geneva*

*[lawn area near Alley of Flags]*

**For participation, please register at:**

<https://indico.un.org/event/1011828/>

*T-shirts and Yoga mats will be provided  
to registered participants  
on first-come-first-served basis*

## ABOUT



### Yoga4unity

[www.yoga4unity.com](http://www.yoga4unity.com) and [www.yoga4unity.fr](http://www.yoga4unity.fr)

A global initiative for peace and unity

Yoga4unity (Yoga For Unity) is an initiative launched in 2021 by the Heartfulness movement to bring yoga institutions together under one umbrella to spread the benefits of yoga to everyone.

Yoga4unity's 3 core values:

**UNITY:** bringing yoga institutions together to collaborate with love, compassion and mutual respect.

**DIVERSITY:** to preserve, present and promote the diversity of practices and philosophies of yoga institutions around the world.

**ACCESSIBILITY:** to make yoga accessible to all, transcending cultures, races and generations.

Since its creation, the "Yoga for Unity and Well-Being" program has found support at the highest level. Every year, around June 21, a series of online and in-person yoga events take place around the world. In 2023, over 150,000 people took part in a face-to-face session as part of this initiative. This program brings together all styles of yoga and all major yoga institutions, in a spirit of unity and service.

### Heartfulness

<https://heartfulness.org>

A simplified system of Raja Yoga

Heartfulness, originally known as Sahaj Marg (The Natural Way), has been active for over 100 years. Its mission is to facilitate an evolution of consciousness through a heart-centred lifestyle that fosters a peaceful and unifying vision of global community. This natural and simple approach to living develops qualities of the heart, including compassion, sincerity, contentment, forgiveness and generosity, along with the heart's fundamental nature, which is love. It offers a range of heart-centered yogic techniques (relaxation, meditation, cleaning, prayer). More than 5 million practitioners worldwide derive benefits from these practices, such as increasing resilience, developing inner strength and improving quality of life.

A worldwide movement

Heartfulness is an international non-profit organization, associated with the United Nations Department of Public Information. It is present in over 160 countries worldwide. It is supported by the gift economy and the dedicated commitment of over 500,000 volunteers, including 16,000 trainers, making it possible to practice meditation free of charge in over 6,000 Heartfulness centers.