

21 days of Yoga

1 June – 21 June 2022

YOGA

for unity & wellbeing
Australia



Presented by



United Nations
Association
of Australia
NSW Division



12 Yoga + Meditation sessions and International day of Yoga celebrations



Week 1 (1 June – 5 June)
Yoga for Self-care



Week 2 (7 June – 12 June)
Yoga builds Confidence



Week 3 (14 June – 19 June)
Yoga promotes True wellbeing



21 June 2022

International Day of Yoga

Date	Time	Session details
------	------	-----------------

Week 1 (1 June – 5 June)
Yoga for Self-care

1 June, Wednesday	6:30 AM AEST Morning	Online via Zoom
2 June, Thursday	6:30 PM AEST Evening	Online via Zoom Face to Face session
5 June, Sunday	8:30 AM AEST Morning	Online via Zoom Face to Face session

Week 2 (7 June – 12 June)
Yoga builds Confidence

7 June, Tuesday	6:30 AM AEST Morning	Online via Zoom
8 June, Wednesday	6:30 AM AEST Morning	Online via Zoom
9 June, Thursday	6:30 AM AEST Morning	Online via Zoom
12 June, Sunday	8:30 AM AEST Morning	Online via Zoom Face to Face session

Week 3 (14 June – 19 June)
Yoga promotes True wellbeing

14 June, Tuesday	6:30 AM AEST Morning	Online via Zoom
15 June, Wednesday	6:30 PM AEST Evening	Online via Zoom
16 June, Thursday	6:30 AM AEST Morning	Online via Zoom
19 June, Sunday	8:30 AM AEST Morning	Online via Zoom Face to Face session

21 June 2022
International Day of Yoga

21 June, Tuesday	6:30 AM AEST Morning	Online via Zoom
21 June, Tuesday	6:30 PM AEST Evening	Online via Zoom Let's Celebrate Yoga Panel discussion, expert speakers followed by Heartfulness relaxation and Meditation