



UNITED NATIONS ASSOCIATION
of the United States of America
SAN DIEGO CHAPTER

**PRESS RELEASE
FOR IMMEDIATE RELEASE
Contact: Sujantra McKeever 619/865-7480**

**San Diego to Celebrate United Nations International Day of Yoga
19 June, Balboa Park, 9:00 am – 12 noon.**

San Diego, California – (26 May) The United Nations Association of San Diego, the Pilgrimage of the Heart Yoga and partners will celebrate the International Day of Yoga with a vibrant community yoga class in beautiful Balboa Park. The event will take place between 9:00 AM and 12:00 PM at Park Blvd on the President's Way Lawn. The program will include guided yoga classes with some of San Diego's leading Yoga teachers as well as chanting and music for peace to inspire and empower people of all ages and walks of life. We anticipate an active and engaged audience of 500 community members.

The United Nations International Day of Yoga was established and observed for the first time in 2015 at United Nations Headquarters in New York and in many major cities throughout the world. Secretary-General Ban Ki-moon noted during the inaugural commemoration that, "the General Assembly has recognized the holistic benefits of this timeless practice and its inherent compatibility with the principles and values of the United Nations."

Based on the meaning of the word 'yoga' - to join or to unite – the celebration of San Diego's International Day of Yoga seeks to promote *A Culture of Peace*, which is at the very heart of the practice of Yoga as well as the mission and focus of the United Nations.

"The celebration of IDY is one of the many expressions of the United Nations in creating a global Culture of Peace," says Bettina Hausmann, President and Executive Director of the local United Nations Association. The Adoption of the Declaration on a Culture of Peace by the General Assembly goes back to 1999 outlines Hausmann and with this it is "widely understood that yoga education goes beyond the knowledge-based approach of peace". Sujantra McKeever, Founder of the Pilgrimage of the Yoga Studio, noted, "Yoga teaches that mind, body, breath and emotions are all intertwined. If you bring stillness and strength to your body it brings wellness to your mind and emotions."

For more information about the event please call: 619-727-4930

To register to attend the event please visit: http://bit.ly/YOGADAY_SD

ABOUT UNA - USA SAN DIEGO

As a program of the UN Foundation, UNA-USA San Diego is the local Ambassador to and for the United Nations. With its prestigious consultative status to the United Nations, UNA-USA San Diego links the local community with the United Nations and vice versa since 1999. With its programmes & events, the organization is expanding on the understanding of global issues through advocacy and mobilization for actions to influence legislation in supporting the principles and vital work of the United Nations. UNA-USA San Diego actively engages partners and stakeholders locally since 1946.

ABOUT PILGRIMAGE OF THE HEART YOGA SAN DIEGO

Pilgrimage of the Heart aspires to make yoga accessible, both economically and philosophically, to as many people as possible. We do so by offering the undiluted essence of yoga in all that we offer: books, music, yoga classes, meditation classes, philosophy classes and more. Our mission is to offer people a place to reduce stress and find peace of mind and heart.

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