

YOGA

for unity & wellbeing

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Following the success of 2021, the Yoga for Unity and Well-Being program invites you to 'a 100 days of Yoga towards the International Day of Yoga 2022'.



OUR MISSION

Yoga for Unity aims to unite all Yoga Institutions to preserve and promote yoga practices and philosophies across the world and make them accessible to one and all.

THE SEVA SPIRIT

Working in the Yoga environment for a few decades, we recognise that all yoga institutions and members, masters, teachers and practitioners, have the same ideal at heart and harbour a strong wish to come together to learn, practice and grow.

- We share the same values based on Yamas and Niyamas of Patanjali.
- We believe in equity, we believe that Yoga is an essential birth right and should be available to one and all.
- We believe in service and want to adhere to a 'gift ecology' model, where one can offer time, expertise, space, donation; that this gift is passed on and flows like a river, making everyone rich in its path.

OUR VISION

- To bring Yoga Institutions together on a single platform.
- To present and promote the diverse yoga practices and philosophies.
- To allow free, easy access to yogic practice and knowledge.
- To touch all mankind, regardless of colour, race, gender, language education and religion.
- To collaborate and work with love, understanding and respect for each other.



CELEBRATING 2021 SUCCESS

The International Day of Yoga 2021, from the 14th of March 2021 until the 21st of June 2021, was a success surpassing our expectations, thanks to our combined efforts.

21 Million reached
 159 countries
 214,662 registration
 2,1 Million views
 1375 support organisations
 78 Yoga experts

Here is the last year's program in numbers:

Last year's program was endorsed by the Ministry of Ayush, Government of India, the United Nations DPI and the Association of Indian Universities who helped us reach out to thousands of students and people.

We could not have made it without the enthusiastic support of all Yoga experts who so generously accepted to participate and give their time and expertise to make it happen.



The sessions are also still visible on the Channel:
youtube.com/yoga4unity

YOGA4UNITY 2022 EDITION

This year's program was built over a few months with the collaboration of several prestigious Yoga Institutions who met regularly to design a comprehensive, progressive 14 weeks course of appeal different audiences.

PROGRAMS & AUDIENCES

Participants will be able to enrol for free in one or more of the 5 courses below:



MASTERCLASSES

lectures on selected yoga topics by the heads of yoga institutions.



YOGA 4 BEGINNERS

practice, lifestyle tips, round table, podcasts, articles for all.



YOGA 4 SENIORS

gentle and assisted yoga practice, adapted lifestyle tips, podcasts.



YOGA 4 YOGA TEACHERS

teaching tips, commentaries on classical yoga texts, live workshops.



YOGA 4 KIDS

fun yoga practices, story time.

TYPES OF SESSIONS

- 30 min daily practices for different audiences
- 10 min video on lifestyle tips from Yoga and Ayurveda
- 30 min Master Class by the Head of Yoga Institutions
- 45 min round table discussions with experts
- 60 min live workshops,
- Podcasts, articles, documentaries and more.

THEMES

The program is progressive over 14 weeks and takes you on a journey within, from the physical practices to the most subtle inner practices, with a deeper understanding of Yoga.

WEEKLY THEME ALIGNED WITH THE GLOBAL EVENTS



Have a peep into what is coming !

Sample of the program

Week 1 and 2



March 14 to 27, 2022

We celebrate World Sleep day and the International Day of Happiness !

For Seniors gentle 30 min practice sessions for seniors to improve movement and balance. Assisted Yoga practice on a chair. Tips for relaxation and good sleep from the Ayurvedic perspective. Listen to our podcast on 'Aging Gracefully with yoga'.

Beginners can follow an class to improve sleep, get to know tips from our Yoga specialist to improve their sleep. Mudras and pranayama for sleep. Gratitude and inner joy. Round table with Yoga experts: 'the science behind Yoga and sleep', 'How are Yoga and happiness linked?'

For Yoga teachers Teaching methodology: qualities of a yoga teacher, offering a safe practice, Major pitfalls in injury prevention.

For Children 20 to 30 min Yoga sessions adapted to age. Stories from around the world.

PLATFORM

Daily release of practice and lecture sessions on YouTube:

youtube.com/yoga4unity

Weekly release of practice, lectures, tips, blogs and more to be found on:

www.yoga4unity.com

Enrol to access more content and to view specifically the content that is relevant to you, making your experience a real online progressive journey for a 100 days. Receive a certificate for completion at the end.

VIRTUAL YOGA VILLAGE

Welcome to the Virtual Yoga Village where you can get to know more about each Yoga Institution involved in this program. Learn about their history, lineage, philosophy, specific practices and listen to their experts. This content will stay available throughout the 100 days.

GLOBAL PROGRAMS

The spirit of the Yoga4Unity program has reached far corners of the world in many countries in diverse languages. Explore the growing community and practice in your languages.

CERTIFICATION

All the people who register before the end of March receive a Certificate of Participation after the 21 June, 2022. Certificate of Completion is issued for each course category once the course is completed.

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