



Inauguration

21 Days of Yoga

(30 May to 21 June)

International Day of Yoga 2021

Come join us for a brief intro to **Yoga4Unity** and objectives followed by relaxation and meditation.

30 May, 6:30 pm

Register here: hfn.link/yoga4unityau
#yoga4unity #internationaldayofyoga2021



Dr Patricia Jenkins

President of the United Nations Association of Australia in NSW and National Vice President.



Astrid Pickup

President of International Yoga Teachers Association



Elizabeth Denley, PhD

Editor-in-chief of Heartfulness magazine



John Smith

CEO of The Heartfulness Institute Australia



The Heartfulness Institute Australia and United Nations jointly with our Yoga4Unity partners present the Inauguration of 21 Days of Yoga

Program

Welcome address and Introduction to 21 Days of Yoga	John Smith CEO, The Heartfulness Institute Australia
United Nations Sustainable Development Goals & SDG 3 objectives	Dr Patricia Jenkins President, UNAA NSW Division
Yoga4Unity	Dr. Elizabeth Denley Editor In Chief, Heartfulness Magazine
How Yoga shaped my life	Astrid Pickup President, International Yoga Teachers Association
Heartfulness Relaxation and Meditation	Dr Elizabeth Denley

Program Schedule

Date	Event details	Time	Online session details
Monday, 31 May 2021	21 of Days Yoga Event Practice session	6:30 AM AEST	Online via Zoom
Tuesday, 1 June 2021	21 of Days Yoga Event Practice session	6:30 AM AEST	Online via Zoom
Wednesday, 2 June 2021	21 of Days Yoga Event Practice session	6:30 AM AEST	Online via Zoom
Wednesday, 2 June 2021	21 of Days Yoga Event Wisdom session	6:30 PM AEST	Online via Zoom; YouTube and Facebook Events
Thursday, 3 June 2021	21 of Days Yoga Event Practice session	6:30 AM AEST	Online via Zoom
Friday, 4 June 2021	21 of Days Yoga Event Practice session	6:30 AM AEST	Online via Zoom
Saturday, 5 June 2021	21 of Days Yoga Event Wisdom session	6:30 PM AEST	Online via Zoom; YouTube and Facebook Events
Monday, 7 June 2021	21 of Days Yoga Event Practice session	6:30 AM AEST	Online via Zoom
Monday, 7 June 2021	21 of Days Yoga Event Wisdom session	6:30 PM AEST	Online via Zoom; YouTube and Facebook Events
Tuesday, 8 June 2021	21 of Days Yoga Event Practice session	6:30 AM AEST	Online via Zoom
Wednesday, 9 June 2021	21 of Days Yoga Event Practice session	6:30 AM AEST	Online via Zoom
Wednesday, 9 June 2021	21 of Days Yoga Event Wisdom session	6:30 PM AEST	Online via Zoom; YouTube and Facebook Events
Thursday, 10 June 2021	21 of Days Yoga Event Practice session	6:30 AM AEST	Online via Zoom
Friday, 11 June 2021	21 of Days Yoga Event Practice session	6:30 AM AEST	Online via Zoom
Tuesday, 15 June 2021	21 of Days Yoga Event Practice session	6:30 AM AEST	Online via Zoom
Wednesday, 16 June 2021	21 of Days Yoga Event Practice session	6:30 AM AEST	Online via Zoom
Thursday, 17 June 2021	21 of Days Yoga Event Practice session	6:30 AM AEST	Online via Zoom
Thursday, 17 June 2021	21 of Days Yoga Event Wisdom session	6:30 PM AEST	Online via Zoom; YouTube and Facebook Events
Friday, 18 June 2021	21 of Days Yoga Event Practice session	6:30 AM AEST	Online via Zoom
Monday, 21 June 2021	21 of Days Yoga Event Practice session	6:30 AM AEST	Online via Zoom
Monday, 21 June 2021	International Day of Yoga 2021 Celebration	6:30 PM AEST	Online via Zoom; YouTube and Facebook Events

Presented by

heartfulness
purity weaves destiny

United Nations
Association
of Australia
NSW Division

Yoga with
Lami

Yoga with Miya

Yoga for unity & wellbeing

IDY 2021

