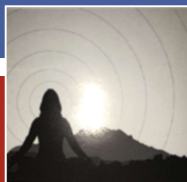


INTERNATIONAL DAY OF YOGA 2017

Sabah, Malaysia



Organised by:

**Himalayan Yoga Science Society Sabah
(HYSSS) on 2-07-2017**



Yoga for Harmony & Peace



U.N. International Yoga Day

Sabah, Malaysia

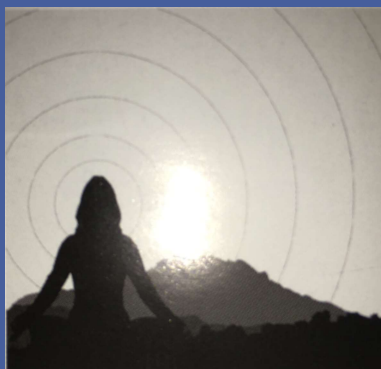
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International Day of Yoga 2017

21 June 2017

Local Initiative



Himalayan Yoga Science Society Sabah (HYSS)

Yoga is an invaluable gift of the ancient Indian tradition it embodies unity of mind and body thought and action restrain and fulfilment harmony between man and nature and the holistic approach to health and well being

Organised by: Himalayan Yoga Science Society Sabah



International Day of Yoga 2017

21 June 2017

Contents:

- 1) About HYSSS**
- 2) Why Yoga? , What is Yoga? & How?**
- 3) Types of Yoga**
- 4) Vision for a better Humanity**
 - i. To understand**
 - ii. To Respect and**
 - iii. To Practice**
 - iv. Body Breath and Mind**
- 5) Over view of Yoga practiced globally**
- 6) Yoga is practiced locally**

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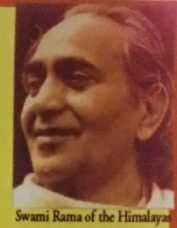


Association of Himalayan Yoga Meditation Societies International

and Dhyana Mandiram Trust, New Delhi

at Swami Rama Sadhaka Grama Ashram, Rishikesh, India
in association with

Himalayan International Institute of Yoga Science & Philosophy, Kanpur, India



Swami Rama of the Himalayas

This is to certify that.....**Himalayan Institute of Yoga Science and Philosophy of Kota Kinabalu**.....is affiliated with the Association of Himalayan Yoga Meditation Societies International (AHYMSIN) and the Himalayan International Institute of Yoga Science & Philosophy, Kanpur, India.

AHYMSIN, its associates and affiliates are dedicated to imparting the teachings and training in Yoga and Meditation, in the Himalayan Tradition of Yoga Meditation, as interpreted by Swami Rama of the Himalayas.



Swami Veda Bharati
Spiritual Guide
AHYMSIN / HIYSP-KANPUR

Shubhan
President
AHYMSIN

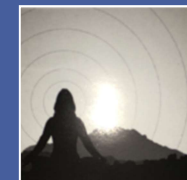
SVB
President
Dhyana Mandiram Trust

Sixth February 2007

DATE



THE HIMALAYAN YOGA SCIENCE SOCIETY SABAH



was formed to teach Yoga and Meditation within the Himalayan Tradition.

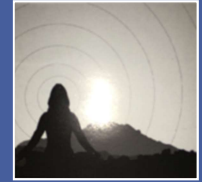
- based on the principles and methodology

(Formulated by Swami Rama of the Himalayas, one of the greatest masters and yogis to come to Sabah).

- A Self Realized master, teacher, humanitarian, scientist, poet, and master of many arts.
- Swami Rama taught the principles and teachings of Himalayan Tradition, a lineage of sages going back to ancient times, including sages like Vyasa, Patanjali, and Shankaracharya.
- Swami Rama gave up the prestigious seat of a Shankaracharya to bring the message and techniques from ancient scriptures to the people of the modern world, to help them deal with challenges of living in today's time.
- The path of Himalayan Tradition taught by Swami Rama enables one to encounter life positively on its own terms and simultaneously, to grow spiritually within.)



THE HIMALAYAN YOGA SCIENCE SOCIETY SABAH



DEFINING IS CONFINING

SWAMI RAMA BLESSING DATUK RAJAH INDRAN



THE HIMALAYAN YOGA SCIENCE SOCIETY SABAH



MISSION

- to help individuals realize their full potential, and lead a healthy balanced life with mindfulness, through teaching of yoga, meditation, and a philosophy of life, as taught by the Himalayan masters.

VISION

1. - to alleviate human suffering.
2. - to teach Yoga asanas with emphasis on mindfulness and self-observation. to beginners, intermediate and advanced students, of all ages. Yoga performed with mindfulness allows one to refine the body and its movements, while learning to live mindfully and in the present.
3. - to teach the art and practice of meditation to individuals as the central means of growing both in the interior and exterior worlds.





INTERNATIONAL DAY OF YOGA 2017

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Yoga as we know:

- **Yoga is an ancient, holistic approach to health and wellbeing that promotes harmony between individuals, their community, their natural environment and the wider world.**
- **“Yoga embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well being.”**
- **“By changing our lifestyle and creating consciousness, it can help us deal with climate change.”**



International Day of Yoga 2017

21 June 2017

2. Why Yoga?

Yoga is ancient approach to guide individuals with knowledge that helps to develop:

- The harmonious society
- Healthy Lifestyles
- Knowledge from the ancient masters
- The outer can change by changing the inner, that the nature of our consciousness therefore affects the nature of our environment.



International Day of Yoga 2017

21 June 2017

2. What is Yoga?

- Yoga is an ancient, holistic approach to health and wellbeing
- The asanas of yoga can increase your flexibility, strengthen and tone muscles, balance hormones, cleanse and flush the internal systems of your body, calm your mind and reduce stress.
- But yoga is not solely about exercise. Ancient yogis understood yoga as a complete lifestyle and world view that can help you to discover who you are as well as your relationship to the world and nature
- As such can provide valuable insights into addressing environmental challenges and promoting peace in the individual, peace in communities and peace in the world.



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3. Types of Yoga?



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4. Vision for a better Humanity

1. To understand

- Ahimsa principle – Non violence, non hurting
- Yama
- Niyamas

2. To Respect

- In a secular country like ours.

3. To Practice

- Be a role model for others to follow
- All the above need to be practiced in our daily life for the full benefits



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Body Breath and Mind

"Let the breath stream and the awareness stream flow as one stream, and let not the stream break anywhere ... let it be an awareness of the oceanic current that is sending forth its rhythm through your embodied form."

- Swami Veda Bharati

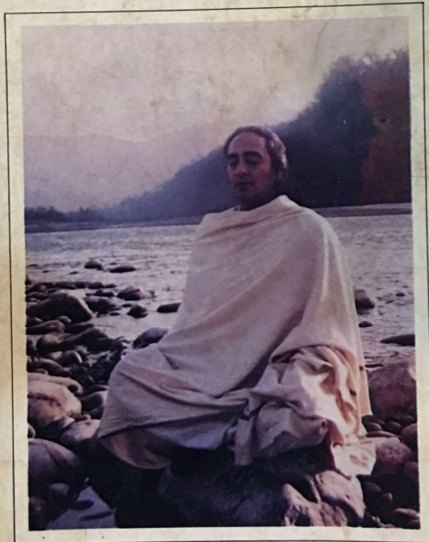
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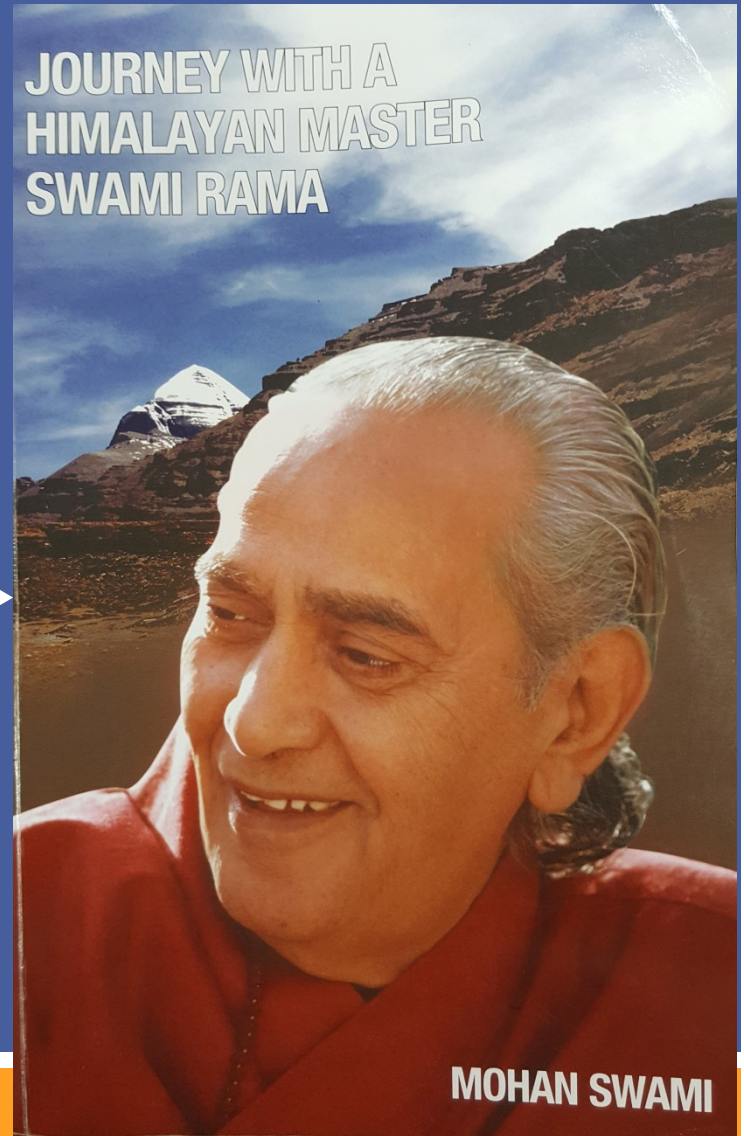
Living with the Himalayan Masters



Swami Rama

Foot of the Himalayas
To the
Foot of Mount Kinabalu

JOURNEY WITH A HIMALAYAN MASTER SWAMI RAMA



MOHAN SWAMI

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21 June 2017



International Day of Yoga: Globally

1st International Yoga Day 2015



An **international day** for **yoga** was declared unanimously by the **United Nations** General Assembly (UNGA) on 11 December 2014. **Yoga** is a physical, mental and spiritual practice attributed mostly to India

A total of 35,985 people participated in the International Day of Yoga's inaugural session in the city of New Delhi, India



INTERNATIONAL DAY OF YOGA 2017

21 JUNE 2017

YOGA FOR INTERNATIONAL LEADERS



Narendra Modi
Prime Minister of India

Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well being.



Ban Ki-moon
Previous UN Secretary General

Yoga can bring communities together in an inclusive manner that generates respect.

International Day of Yoga 2017
21 June 2017



International Day of Yoga 2017: Celebrations Across The World

There is a country-wide celebrations of International yoga day today. People all over the world participated in the event. Yoga events were planned in nearly 180 countries across the world, starting from the United Nations headquarters that has been lit up with images of yoga postures.



International Day of Yoga 2017 21 June 2017 Lucknow, India



Organised by: Himalayan Yoga Science Society Sabah



International Day of Yoga 2017

21 June 2017

Here are the Top 5 quotes from PM Modi's address:

1. Like salt is essential to food, yoga is important to lead a healthy life
2. Yoga has played a big role in connecting the world too. Today, yoga has become a part of so many lives. Yoga's popularity outside India is high and has connected the world with India
3. Yoga not only enlightens the body but also the soul
4. Wellness more important than simply physical fitness. Yoga is about health assurance. It is not even expensive to practice
5. In addition to fitness, wellness is important. Yoga is a medium to achieve wellness

International Day of Yoga 2017

21 June 2017



Bangalore, India International Day of Yoga, 2017

Meditation in Malaysia



Over 1500 school teachers and students participated at the 3rd International Day of Yoga celebrations held at Dataran Merdeka, Kuala Lumpur

International Day of Yoga 2016

21 June 2016



International Day of Yoga celebrations NewYork , USA 2017

International Day of Yoga 2017

21 June 2017



Kabul , Afganistan

International Day of Yoga 2017

21 June 2017

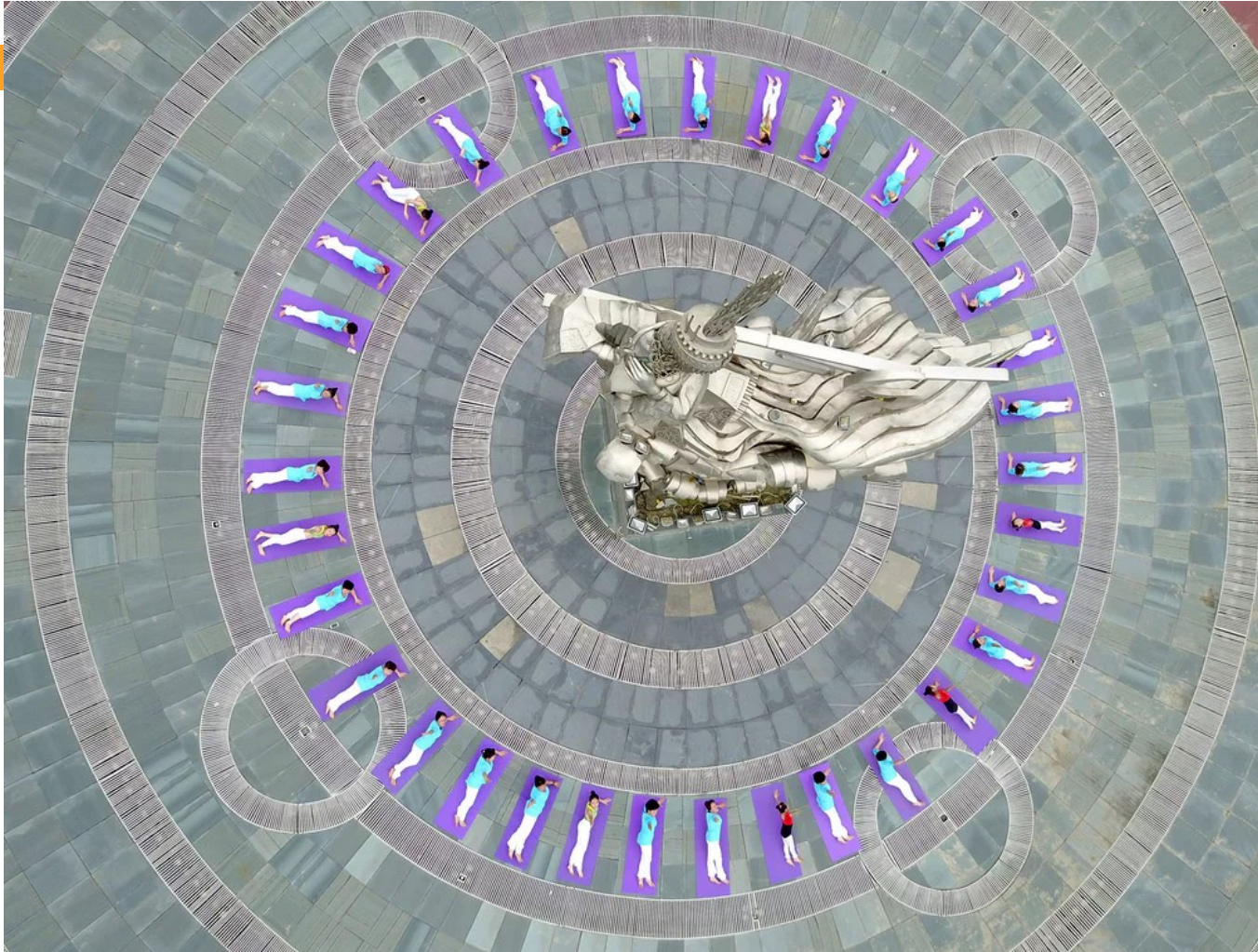


WORLD YOGA DAY 2017: CELEBRATIONS IN BASKA(CROATIA)

Source: NDTV

International Day of Yoga 2017

21 June 2017



Guizhou, China

International Day of Yoga 2017

21 June 2017



Tengzhou, China

International Day of Yoga 2017

21 June 2017



Amesbury, England

International Day of Yoga 2017

21 June 2017



Yangon, Myanmar

International Day of Yoga 2017

21 June 2017



Milan, Italy

International Day of Yoga 2017

21 June 2017



Celebrations of the 3rd International Day of Yoga take place in Mongolia

Source: Ministry of External Affairs (MEA, India)

International Day of Yoga 2017

21 June 2017



Egyptian yoga enthusiasts at the Pyramids

Source: Ministry of External Affairs (MEA, India)

International Day of Yoga 2017

21 June 2017



Celebrations of the 3rd International Day of Yoga take place in Kabul

Source: Ministry of External Affairs (MEA, India)

International Day of Yoga 2017

21 June 2017



3rd International Day of Yoga celebrated at Trafalgar Square, London

Source: Ministry of External Affairs (MEA, India)

International Day of Yoga 2017

21 June 2017



Meditation on the River Main in Frankfurt

International Day of Yoga 2017

21 June 2017



Yoga Residential Retreat organized at Osho Tapoban in Kathmandu

International Day of Yoga 2017

21 June 2017



**Celebrations of the 3rd International Day of
Yoga take place in Hanoi**

International Day of Yoga 2017

21 June 2017



**Celebrations of the 3rd International Day of Yoga
take place in Tajikistan**

International Day of Yoga 2017

21 June 2017



Over 500 participants took part in yoga demonstration at Klang, Selangor, Malaysia

International Day of Yoga 2017
21 June 2017



**3rd International Day of Yoga celebrated in
Venezuela**

International Day of Yoga 2017

21 June 2017



**International Day of Yoga-2017 celebrated at
Parco Sempione (Simplon Park), Milan**

International Day of Yoga 2017

21 June 2017



**Celebrations of the 3rd International Day of
Yoga take place in Dartmouth Square Park,
Dublin**

International Day of Yoga 2017

21 June 2017



Celebrations of the 3rd International Day of Yoga take place in London

International Day of Yoga 2017

21 June 2017



3rd International Day of Yoga celebrated in Islamabad

International Day of Yoga 2017

21 June 2017



Cricket star Suresh Raina and his wife Priyanka Raina perform yoga at the event of International Day of Yoga held at The Hague, Netherlands

International Day of Yoga 2017

21 June 2017



Celebrations of International Day of Yoga 2017 take place in Zagreb, Croatia

International Day of Yoga 2017

21 June 2017



Celebrations of the 3rd International Day of Yoga take place in Wuyi, Zhejiang, China

International Day of Yoga 2017

21 June 2017



**Yoga marathon takes place in
Kyiv, Ukraine**

International Day of Yoga 2017
21 June 2017



Children Yoga Classes: Locally (Kota Kinabalu)



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International Day of Yoga 2017
21 June 2017



Adult Yoga Classes: Locally (Kota Kinabalu)



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Organised by: Himalayan Yoga Science Society Sabah



Organised by: Himalayan Yoga Science Society Sabah

Significance of Yoga

May all become Happy, May all be Free from Illness.

May all see what is Auspicious, May no one suffer.

Om Peace, Peace, Peace.....



Organised by: Himalayan Yoga Science and Society Sabah

Thank you

Organised by: Himalayan Yoga Science and Society Sabah