

INTERNATIONAL DAY OF YOGA

17 – 21 of June 2016

PROGRAMME

June 17 <i>(Cultural Night)</i>	09.00 – 09.45	Town Hall Square (Rotušės aikštė)	Morning yoga practice – the Salutation of the Sun	Aistė Jančiūtė, The Baltic Art of Living Charitable and Support Foundation (CSF).
	18.00 – 19.30	Town Hall Square	Open lesson of asanas and pranayama <i>(Asanas and pranayama practice of Basic Mai Ram Yoga level)</i>	Justas Kučinskas, Mai Ram Yoga Teacher.
June 18	09.00 – 09.45	Town Hall Square	Morning yoga practice – the Salutation of the Sun	Anastasija Narkevičienė, Mai Ram Yoga Teacher.
	18.00 – 19.30	Town Hall Square	Open lesson of asanas and meditation	Karolina Mikšienė, The Baltic Art of Living CSF
June 19	09.00 – 09.45	Town Hall Square	Morning yoga practice – the Salutation of the Sun	Andrius Jokubaitis, The Baltic Art of Living CSF
	18.00 – 19.30	Town Hall Square	Open lesson of asanas and pranayama <i>(Asanas and pranayama practice of Basic Mai Ram Yoga level)</i>	Justas Kučinskas, Mai Ram Yoga Teacher.
June 20	09.00 – 09.45	Town Hall Square	Morning yoga practice – the Salutation of the Sun	Anastasija Narkevičienė, Mai Ram Yoga Teacher.
	18.00 – 19.30	Town Hall Square	Open lesson of asanas and meditation	Marija Bitiniekytė, The Baltic Art of Living CSF
June 21	09.00 – 09.45	Town Hall Square	Morning yoga practice – the Salutation of the Sun	Jurgita Piekutė, The Baltic Art of Living CSF
	15.30– 22.00	Town Hall (Rotušė)	International Day of Yoga celebration at Vilnius Town Hall	

(Please, bring your own mat and dress comfortably for yoga lessons)

INTERNATIONAL DAY OF YOGA CELEBRATION

**21 of June 2016
Vilnius Town Hall (Vilniaus Rotušė)**

Main Stage Events			Lectures and reports			
TIME	EVENT	PERFORMER	TIME	TOPIC	LECTURER	
15.30 - 15.40	Opening speech	Rajinder Kumar Chaudhary, India's Honorary Consul in Lithuania				
15.40 - 15.50	Short presentation of the International Day of Yoga in Lithuania	Vaidas Deksnys, Lithuanian Healthy Living and Natural Medicine Chamber				
15.50 - 16.10	Support of yoga in Lithuania – the Tree posture / asana	Vaidas Deksnys				
16.10 - 16.55	Indian classical dance performance “Sanctuary of Dance”	Natya Devi Dance Theatre and Rajyashree Ramesh Academy of Stage Art and Dance Theatre	16.00 - 16.45	“Yoga – practical wisdom in daily life“	Durga Devi, Senior teacher of Sivananda Yoga Vedanta Centre in Vilnius.	
16.55 - 17.40	Asana class-demo: “Feel the benefits of the classical asanas and pranayama“	Sivananda Yoga Vedanta Centre	16.45 - 17.15	“The Perspectives of Yoga in Education and Healthcare Systems in Lithuania”	Vaidas Deksnys, Lithuanian Healthy Living and Natural Medicine Chamber.	
17.40 - 18.25	“Iyengar yoga – safe, consistent, endless”	Iyengar Yoga	17.15 - 18.00	“The Silence of Yoga Wisdom Amidst the Noise of Information Age“	Justas Kučinskas, Mai Ram Yoga teacher, PhD in philosophy at Vilnius university, regent of ISM Management and Economics university, lecturer.	
18.25 - 18.40	Short presentation of the International Day of Yoga and of the World asanas sequence protocol	Swami Jyothirmayah, The International Art of Living foundation.	18.00 - 18.45	“The Contexts of Indian Philosophy: Vaiśeṣika School”	Tadas Snuiškis, Master of philosophy, researcher of the Eastern philosophy.	
18.40 – 19.00	World asanas sequence	Swami Jyothirmayah	18.45 – 19.45	“The World Seen by Vedic Poet: Pouring Butter or Pouring Heart?”	Šarūnas Šimkus, Indologist, translator of Rgveda.	
19.00 - 19.45	Open yoga session with meditation	Swami Jyothirmayah	19.45 - 20.30	“Iyengar Yoga: Safe Practice“	Antanas Kaziliūnas, Iyengar yoga teacher.	
19.45 - 20.15	Classical asana performance	Mai Ram Yoga	20.30 – 21.15	“Who Breaths You?”	Swami Jyothirmayah, The International Art of Living foundation.	
20.15 - 21.00	Upanishad chanting	Veda-pāṭha-sammelana, Independent group of Veda chanting in Vilnius.	21.15 – 22.00	“The Psychophysiology of Breathing. Influence of Different Breathing Rhythms on Body and Mind”	Ernesta Vaivadaitė, The Baltic Art of Living Charitable and Support Foundation.	
21.00 - 22.00	Gong concert	Vyrenijus Andrijauskas				
22.00	End of all events		22.00	End of all events		

Yoga morning practice – The Salutation of the Sun

The Salutation of the Sun (*sansk. sūrya namaskāra*) is the morning practice done to glory the rising Sun and everything represented by the Sun on micro and macro levels of space. The Salutation of the Sun consists of three elements - form, energy and rhythm. Rhythmic movement is combined with breathing when asanas are done. Forward and backward bends stretch and enliven a backbone thus giving deep distention to a whole body. Mantras used in the Salutation of the Sun practice awaken the creativity and uplift for activity.

Constant and permanent practice of the Salutation of the Sun leads to a better physical well-being, spiritual uplift, helps to listen to inner self and surrounding environment in order to live in harmony with the Nature and everything we meet in life.

The Art of Living Foundation. The Salutation of the Sun: <https://www.youtube.com/watch?v=Ho68X9QKxfc>

Mai Ram Yoga Ashram Vilnius. The Salutation of the Sun: <https://www.youtube.com/watch?v=AhLHJOuMFZ8>

Upanishad chanting

Veda-pāṭha-sammelana – the independent group of enthusiasts from Vilnius, devoted to study the art of oral tradition of Vedic chanting, which has been declared by UNESCO on November 12, 2003 as an intangible heritage of humanity. Over the past few years, the group mostly have tried to learn to chant famous *Taittirīya Upaniṣad* from the *Taittirīya* School's *Black Yajurveda* corpus. The group intends to present to the Vilnius audience celebrating International Yoga Day two parts from the above mentioned *Upaniṣad* - the first part, or *Śikṣā vallī*, and a third part, or *Bhṛgu vallī*. At present, the group consists of four chanters: Eirimas, Kazimieras, Šarūnas and Tadas.

Lectures and reports

TOPIC

“Yoga – practical wisdom in daily life“

“The Perspectives of Yoga in Education and Healthcare Systems in Lithuania”

“The Silence of Yoga Wisdom Amidst the Noise of Information Age“

We live in times when knowledge, ability and capability gain significant importance every day. On the other hand, it is becoming harder to agree on something, because voices are becoming louder, but there are fewer listeners. It is clear, that in the noise of information and disputes we lack the wisdom nurtured in silence.

“The Contexts of Indian Philosophy: Vaiśeṣika School”

“Iyengar Yoga: Safe Practice“

“Who Breaths You?”

“The World Seen by Vedic Poet: Pouring Butter or Pouring Heart?”

“The Psychophysiology of Breathing. Influence of Different Breathing Rhythms on Body and Mind”

LECTURER

Durga Devi,
Senior teacher of Sivananda Yoga Vedanta Centre in Vilnius.

Vaidas Deksnys,
Lithuanian Healthy Living and Natural Medicine Chamber.

Justas Kučinskis,
Mai Ram Yoga teacher, PhD in philosophy at Vilnius university, regent of ISM Management and Economics university, lecturer.

Tadas Snuviškis,
Master of philosophy, researcher of the Eastern philosophy.

Antanas Kaziliūnas,
Iyengar yoga teacher.

Swami Jyothirmayah,
The International Art of Living foundation.

Šarūnas Šimkus,
Indologist, translator of Rgveda.

Ernesta Vaivadaitė,
The Baltic Art of Living Charitable and Support Foundation.