

## **INTERNATIONAL YOGA DAY (21<sup>st</sup> June 2022)**

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' is derived from Sanskrit which means to join or to unite, symbolizing the union of body and consciousness. Today it is practised in various forms around the world and continues to grow in popularity.

June 21 is chosen as International Yoga Day because it is the longest day of the year, which is also known as the summer solstice.

**Yoga for Humanity** is the theme for this year's International Yoga Day.



