

INTERNATIONAL DAY OF YOGA - IDY 2014, JUNE 22nd – CASCAIS

MORE THAN 1000 PRACTITIONERS PARTICIPATED IN THIS GLOBAL EVENT

An Organization of the PORTUGUESE YOGA CONFEDERATION

with the collaboration of the AMBASSY OF INDIA and the support of the CITY HALL OF CASCAIS, the STATE SECRETARY FOR SPORT AND YOUTH and PNED - NATIONAL PLAN FOR ETHICS IN SPORT



More than 1000 practitioners at the International Day of Yoga - IDY – Mega Yoga Class – Mahá Shakti Namaskára

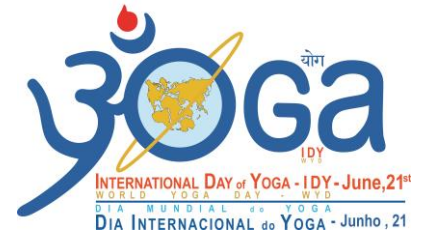
Portugal is the International Stage of Yoga, with World Excellence

The city of Cascais was the setting for the Grand Celebration of the International Day of Yoga - IDY, at the Summer Solstice (a Cosmic Auspice), the longest day of the Year, the Day of Light, and the Intelligence associated to Light (Intelligence that should always rule every act of Humankind), for the viability of Human DNA and for habitat sustainability; were present the Mayor of Cascais - Dr. Carlos Carreiras, the Assessor to the State Secretary for Sport and Youth - Dr. Ivo Santos, the National Plan for Ethics in Sport represented by Dr. Humberto Ricardo, Dr Maria Barroso - President of the Pro-Dignitate Foundation, and His Excellency the Ambassador of India - Dr. Jitendra Nath Misra.

The practice of Yoga provides an exponential use of the brain, an exceptional health and vitality, and high levels of dedication to others and to social and universals causes.

This Global Event, promoted by the **Portuguese Yoga Confederation**, gathered in Portugal more than 1000 adults, among Yoga Masters, Professors, Teachers and practitioners coming from North to South of Portugal and from all over the World, as well as around one hundred and fifty children, also Yoga practitioners. This **Day** is candidate at the **UNESCO** / and the **UN** to officially become the **FIRST GLOBAL DAY OF HUMANITY**– at the **SOLSTICE, JUNE, 21st** (always celebrated on Sunday). Intended to be a **Day** when for 24 hours there is no bloodshed, for World Peace, for personal development, and for Self Demand, for Fraternity, and a for a Fair Globality. Started in 2001 and celebrated since 2002, every year it gathers representatives of: the most respected Yoga schools from India and the World, the most important Religions of the Planet, the main Political Parties and also renowned personalities.





In addition to Portugal and India (the Motherland of Yoga), were also represented the United States, Russia, Argentina, Brazil, Spain, France, Italy, Germany, Switzerland, Poland, Belgium and Cyprus.

THE OFFICIAL OPENING

THE CITY HALL OF CASCAIS was the host of this Grand Celebration, constituting itself as a structural partner of this Global Project, as well as the **EMBASSY OF INDIA**, and also the STATE SECRETARY FOR SPORT AND YOUTH, the NATIONAL PLAN FOR ETHICS IN SPORT, and the Dramatic and Sports Group of Cascais. Also the Pro-Dignitate Foundation, all the Hindu Community of Portugal, as well as the High Commissioner for Immigration and Intercultural Dialogue, UNICEF, Youth Foundation, and the Portuguese Youth Institute, supported this initiative.



THE OFFICIAL ENTITIES



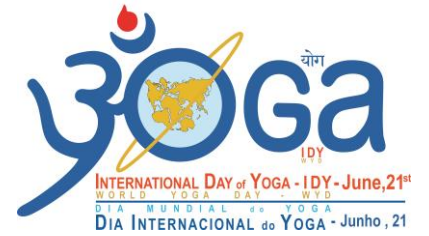
THE STRONG SUPPORT OF THE AMBASSADOR OF INDIA during the Homage to the President of the Portuguese Yoga Confederation

The presence of the Official Entities (from right to left): the **President of the Portuguese Yoga Confederation - International Yoga Gr. Master Jorge Veiga e Castro (HH Jagat Guru Amrta Súryánanda Mahá Rája)**; the **Mayor of Cascais - Dr. Carlos Carreiras**; the **Assessor to the State Secretary for Sport and Youth - Dr. Ivo Santos**; **His Excellency the Ambassador of India - Dr. Jitendra Nath Misra**; **Dr. Maria Barroso – the President of the Pro-Dignitate Foundation.**

To be highlighted the presence of His Excellency the Ambassador of Japan.

Gandhi-Sérgio Vieira de Mello Award – this award, with which the Portuguese Yoga Confederation highlights every year an universal personality for the work done on behalf of World Culture, of inter-ethnic dialogue and Fraternity, was this year awarded to the movie director **Manoel de Oliveira**, for the world excellency of his extraordinary work, for his lucid longevity, for his vitality and the World Mastery, and his enviable Work.





OPENING WITH THE POWERFUL DEMONSTRATIONS OF TRADITIONAL YOGA
at the Stadium / Pavilion of the Dramatic and Sports Group of Cascais

Due to the unexpected heavy rain (for the 1st time in 13 years) the Celebrations were transferred from the stadium to the annex pavilion



Advanced Traditional Yoga Demonstration by PASHUPATI

This World Day was, by Portugal's initiative, officially proclaimed in India, in 2011, December, at the famous Summit of Bengaluru, which brought together the Main Lineages of Traditional Yoga in India, with the Organization of the Portuguese Yoga **Confederation** (the only institution outside of India who attended this Summit). Since then, the number of Countries and Yoga Institutions who joined this World Movement has grown exponentially, and in this year of 2014, the International Day of Yoga - IDY was celebrated in more than 30 cities around the World.

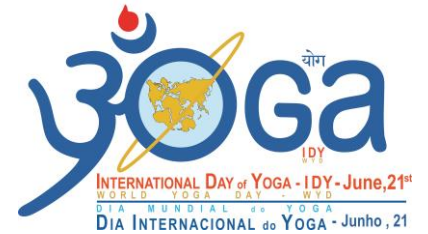
The Main World Religions together Bless the 1st Global Day, and the Planet



THE MAIN RELIGIONS, AND PHILOSOPHIES, OF THE WORLD ON STAGE – AND THEIR POWERFUL VOTES

The Representatives of the Main Religions and Philosophies joined their hands in the name of Peace, and with their high importance and Responsibility, they blessed the Planet together, in a firm determination to appeal to their followers to stop now with the bloodshed in Humanity, and to stop killing on behalf of a Creative Principle, emphasizing what we have in common - Life, the importance of Fraternity as well Inter-Religious Ecumenism, to build World Peace. Those present were (from right to left):





the Patriarchate of Lisbon - Filipe Avillez; HINDUISM: the current Spiritual Advisor of the Prime Minister of India - HH Svámin Paramátmánanda Sarasvati Mahá Raja; the President of the Portuguese Yoga Confederation – Gr. Master Jorge Veiga e Castro; The Secretary-General of the World Council of Religious Leaders / UN - New York - Mr. Bawa Jain; INTER-RELIGIOUS ECUMENISM: Chairman of the Parliament of the World Religions - Imam Abdul Malik Mujahid - Chicago; SUFISM: Naqshbandi Sufi Order - Shaykh Hassan; ISLAMISM: Imam of the Central Mosque of Lisbon - Sheik David Munir; JUDAISM: Rabbi Eliezer Shai Di Martino of the Jewish Community of Lisbon and its President Dr. José Carp; HINDUISM: Vocal of Culture for the Hindu Community in Portugal - Sarojben Parshopam, President of the Shiva Temple - Kantilal Vallabhdas, Shastriji and Apurva Jani; BUDDHISM: Portuguese Buddhist Union - Rietske Van Raay; President of the Echoes of the East Association - António Faria; BAHÁ Í FAITH: Bahá Í Faith Community - Palmira Ferreira Bastos; President of the Religions Department of the Portuguese Yoga Confederation – Dr. Vitor Moreira (Govinda). Also present were: the Representative of the Ismaili Muslim Community - Dr. Nazir Madatali; and the National Coordinator of the World Community for Christian Meditation - Dr. Gilda Monteiro.

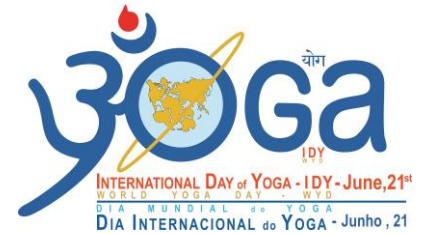
The International and National Yoga Schools



ALL THE YOGA SCHOOLS ON STAGE – INDIA, AMERICAS, EUROPE, INCLUDING PORTUGAL

International and National Yoga Schools present at the International Day of Yoga - IDY, who made their appearance on June, the 22nd at the Dramatic and Sports Group of Cascais (and also on the previous day, at the Darshana World Conference / Philosophy and Science) – from right to left: **H.H. Svámin Paramátmánanda Sarasvatí Mahá Rája** – Secretary-General of the Hindu Dharma Acharya Sabhá – India, **H. H. Jagat Guru Amrta Súryánanda Mahá Rája** – President of the Portuguese Yoga Confederation, **Dr. Shrí Nagendra Jí** – President of the Vivekánanda Yoga University - India, **H.H. Gurudev Amrit Desai** - Director of Amrit Yoga Institute – United States, **Shrí R. S. Bhogal** – Director of the Govardhandas Seksaria College of Yoga & Cultural Synthesis at the Keivalyadhama Yoga Institute – India, **H.H. Svámin Yadunandana Mahá Rája** – Directors of the Bhaktivedanta College, Professor and Spiritual Advisor of the International Society for Krishna Consciousness – of the GBC of ISKCON / Hare Krishna – Belgium, **H.H. Sadguru Brahmeshánandacharya Swami jí Maháráj** – Patron of the Global Yoga Alliance and President of the Padmanabh Shishya Sampradaya of Goa - India, **Svámin Amaránanda Jí** - Director of the Vedanta Center of Geneva - Switzerland, **Dr. Gopal Jí** – President of the Global Yoga Alliance - India, **Professor Patxi Lizardi** – representative of the Mahá Guru Shrí Iyengar Jí –Spain, **Beatrice Iulini** – representative of





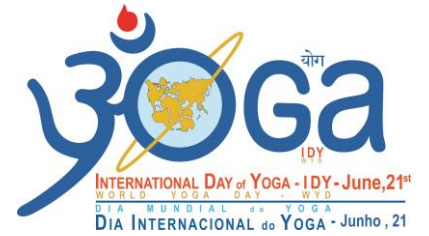
H.H. Shrí Shrí Ravi Shankar: Art of Living Foundation, **Madhavacharya** – President of the Yoga Association SANATANA DHARMA and Vice-President of the Iberian Yoga Confederation – CONFIBERYO – Spain, **Pundit Radheshyam Mishra** – Director of the Ujjain Yogalife Society – India, **Nikulin Oleg Viktorovitch** – President of the Saratov Regional Department of the Public Russia Organization – Russian Federation of Classic Yoga - Russia, Mahamandalesvar Yoga Acharya Shrí Vidyaupasaka **Svámin Shívánanda Sarasvatí** – President of the Súra Chandra Yoga Áshrama, Secretary-General of the Global Yoga Alliance and Secretary-General of the Italian Yoga Federation, **Maestra Graciela Belcastro** - Vice-President e Vice Director of the Argentina Yoga and Ayurveda School – Argentina, **Maestra Naya** – Member of the Board and President of the Pedagogical Council of FEYS – Spanish Yoga Federation Yoga SATSANGA - Spain, **Mestra Antonietta Rozzi** - President of the Sarva Yoga International - Italy, **Eros Selvanizza** – President of the Italian Yoga Federation, **Professor Thierry Van Brabant** – Director of the Centre Santosha Thierry Van Brabant – Belgium, **Dr. José Ruguê Ribeiro Jr.** - Director of the Yoga Brahma Vidyalaya School - Brazil and President of the Ayurveda World Movement, **Dr. Med. Ulrich G. Randoll** – Medical Doctor and Researcher of the University of Erlangen - Germany, **Pascal Papillon** – Representative of the Yoga Teachers of France, **Yashoda Dulai Prabhu** – International Society for Krishna Consciousness – ISKCON / Hare Krishna - France, **BK Lurdes Pinheiro** – Brahma Kumaris Portugal, **Master Rupa** – Amrit Yoga Portugal (Portuguese Gimnasium Club), **Master Maria Helena Freitas Branco** – the 1st Yoga Teacher in Portugal, Master Sandra Xavier (Sváminí Chandra Deví) – President of the FLY – Lusa Yoga Federation, Dr. Alice Paulo (Lakshmi) – Representative of the Portuguese Regional Yoga Federation (in this case FRYsul), Arch. Vanda Coelho (Máya Deví) – representative of the five Portuguese Regional Yoga Associations (in this case ARYLIS – Regional Association of Yoga of the Great Lisbon and Supra Continental). Were also present **Dr. Chandra Bhandari** – Former Ambassador of India and Yoga Teacher – Poland.

The Opening of the International Day of Yoga - IDY for Children was made with a demonstration of Yoga for Children, performed by the young boy João Pedro Pessoa, followed by a Yoga Class for children (Ganesha Sádhaná), ministered by Master Gangá Deví, which was attended by around a hundred and fifty children.



YOGA FOR CHILDREN – TO DEFEND THE FUTURE – FOR SELF RESPONSABILITY AND FRATERNITY





During the Day, besides the Mega Yoga Class - Mahá Shakti Namaskára, there were several other activities such as Yoga demonstrations by PASHUPATI - Traditional Advanced Yoga Demonstrators, Kirtana presentations by OMKÁRA - Mantra Choir Orchestra, presentation by Shiva Raja - Demonstration Group of Classical Indian Dance – Bháratanathyam, all from the Portuguese Yoga Confederation. We were also able to witness the Portuguese Homage to the Great Sufi Master - Moulana Shaykh Nazim Haqqani, from the Sufi Naqshbandi Order, and the presentation by Shaykh Bahauddin Adil with Shaykh Assan, and Ayberk Effendi - Sufi Music Light, and also a Kirtana presentation by ISKCON / Hare Krishna, and a practice guided by Joana Cordeiro - Director of the Art of Living International Foundation in Portugal.



Portuguese Homage to the Grand Sufi Master Moulana Shaykh Nazim Haqqani, of the Naqshbandi Sufi Order, and the presentation by Shaykh Bahauddin Adil, with Shaykh Assan, and Ayberk Effendi - Sufi Music Light



Practice guided by Joana Cordeiro, representative of the Art of Living International Foundation Portugal

Kirtana presentation by ISKCON / Hare Krishna

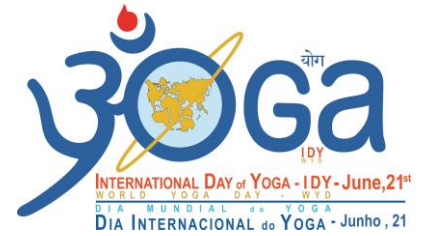


Election of

Yogi of the Year 2014 - Master Sítá Devi (President of FRYNORT)

Mantra / Kirtana presentation by the Choir Orchestra OMKÁRA of the Portuguese Yoga Confederation





Traditional Advanced Yoga for Pairs Demonstration by PASHUPATI



Bhāratanāṭyam presentation by SHIVA RĀJA



Operation Solidary Smile - Dr. Magda Morbey Ferro



The Celebrations also emphasized the devoted work of the Operation Solidary Smile, with the intervention on stage of Dr. Magda Morbey Ferro, highlighting the importance of such humane and necessary support for hospitalized children.

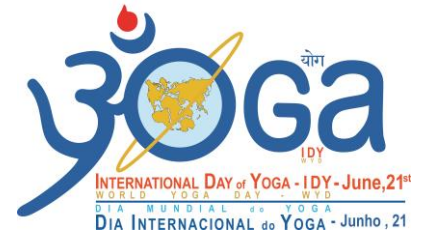


The Singer Verónica Milagres, from Goa (accompanied by the Pianist Cidália Gonçalves) and the Pújá to the Gr. Master

In a lyrical moment, the Singer Verónica Milagres from Goa (and the Pianist Cidália Gonçalves), touched the hearts of the audience with a Pújá - a Reverence to the Gr. Master Jorge Veiga e Castro.

Jorge Veiga e Castro, the President of Portuguese Yoga Confederation, highlighted that "this is a New Time of preservation of Life, that Cosmic Gift, were we emphasize what we have in common and simultaneously





the richness of diversity. The goal is to build the First Day when nobody died unless it's from a natural cause, beginning a new Age of respect for human life, when no one dies by weapons, murders, car accidents, etc., we must forgive, reset the Karma of the Nations and of Humankind, favoring diplomatic solutions – **not to kill** - respect Life, this is what the vast majority of human beings want. Portugal leads in the conquest of this new awareness, the creation of the **First Global Day of Humanity**, accepted by all Civilizations, cultures and faiths, that's what the Future will be like. Gathered here are a set of Great World Leaders, we are honored to have among us a true constellation of radiant and true Sages who want to put these Ideals into practice - Portugal is a pioneer Stage of the Future World, we should feel honored by that; if it's possible here, that all the cultures and religions understand each other, then the same should be possible across the entire planet."

DARSHANA INTERNATIONAL CONFERENCE / PHILOSOPHY AND SCIENCE June 21st (Saturday)



**The Promoter of the International Day of Yoga - IDY
– President of the Portuguese Yoga Confederation –
Gr. Master Jorge Veiga e Castro**

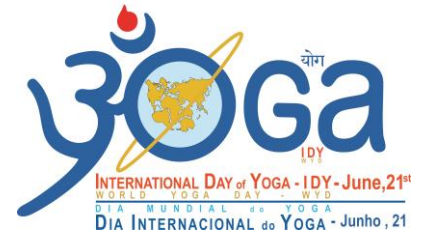


**The valuable intervention of His Excellency the
AMBASSADOR OF INDIA IN PORTUGAL**



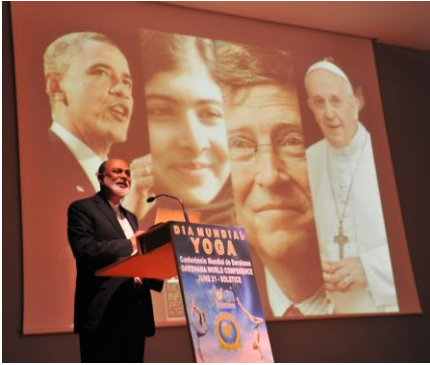
The OMKÁRA at the opening of the Darshana Day



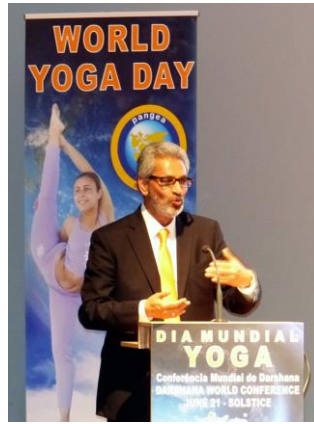


DARSHANA INTERNATIONAL CONFERENCE / PHILOSOPHY AND SCIENCE

As usual, on the previous day - Saturday (June, 21st) – from 9:00 am, at the House of Stories, of the Painter Paula Rego, in Cascais, took place the formidable lecture session, where great Philosophers, Sages, Scientists and politicians spoke throughout the day.



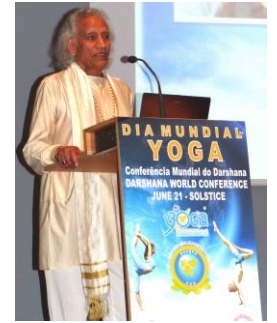
Imam Abdul Malik Mujahid
President of the Parliament of Religions - Chicago



Mr. Bawa Jain
Secretary-General of the World Council of Religions Leaders – UN New York

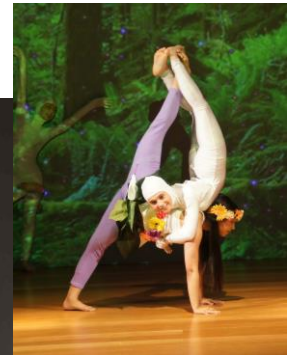


Dr. Shri Nagendra Ji
President of the Vivekánanda Yoga University of Bengaluru – India, and NASA scientist



H.H. Gurudev Amrit Desai
Director of the Amrit Yoga Institute USA

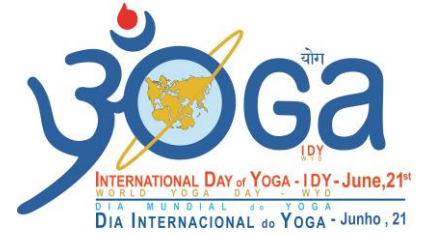
THE GRAND BEAUTY OF YOGA



The Magic of the PASHUPATI Presentation

In the afternoon, we counted with the marvelous Yoga Presentation "The Rise of a Star", by the Pashupati, who offered us a magical spectacle of extraordinary beauty and harmony, of world quality...





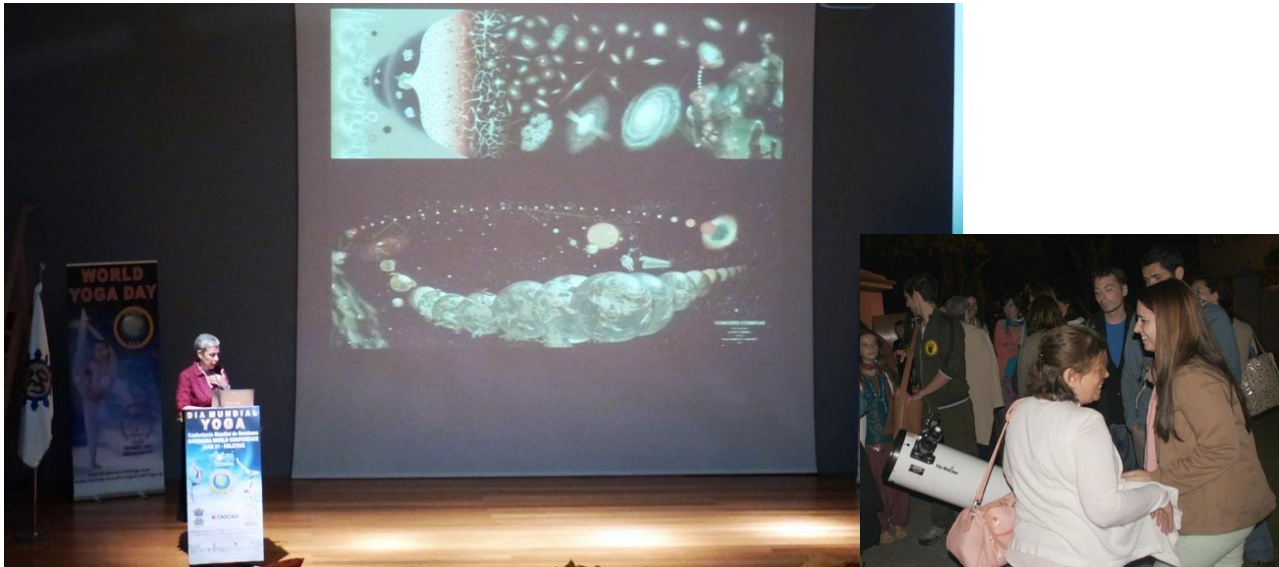
... as noted by the famous Writer and Actress Ana Zanatti, one of the VIP present at this International Day.



MÁYÁ – Amateur Theater Group of the Portuguese Yoga Confederation

On that night we also watched a presentation by MÁYÁ - Amateur Theater Group of the Portuguese Yoga Confederation, which brought on stage a shadow theater "The Knight in the Rusty Armor".

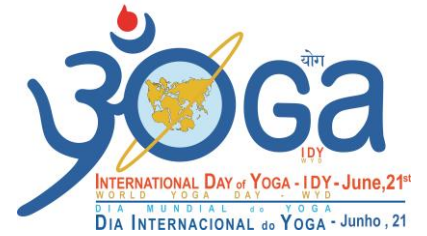
THE NIGHT OF THE SÁMKHYA – AND THE COSMOS



Dr. Rosa Doran – Director of the NUCLIO and her Talk about the latest Astrophysics' novelties of the Satellites W-MAP, and PLANCK, as well as star observation with professional telescopes

During this Talk everyone became aware of the Mighty and Complex Cosmos through the Wise Communication of Dr. Rosa Doran.





**PRESS CONFERENCE ORGANIZED BY THE EMBASSY OF INDIA AND BY THE
PORTUGUESE YOGA CONFEDERATION
June, 19th (Zafran Restaurant)**



His Excellency the Ambassador of India in Portugal - Dr. Jitendra Nath Misra, and the President of the Portuguese Yoga Confederation – Gr. Master Jorge Veiga e Castro (H.H. Jagat Guru Amrta Súrýánanda Mahá Raja), on the Thursday before, summoned the Mass Media for a Press Conference, where the Principles of the **International Day of Yoga - IDY** were presented (and also the Darshana Day / Philosophy and Science), as well as information about the celebrations of this year, in Cascais (with the presence of Diário de Notícias, Público, SPORTLIFE and Lusa Agency).



What is the International Day of Yoga - IDY

The International Day of Yoga - IDY is a precursor Candidate to the United Nations / UNESCO to become the **FIRST GLOBAL DAY OF HUMANITY**, celebrated on the Solstice (of Summer), a Cosmic Auspice, June 21st, a Supra Cultural Day (and always commemorated on the following Sunday when not coincident).

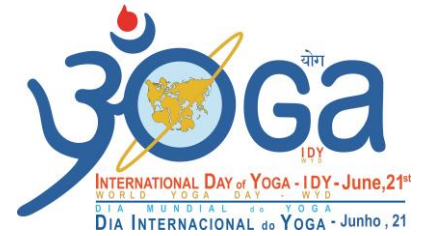


The International Day of Yoga - IDY
Teachers of the Portuguese Yoga Confederation, and from Portugal, the children, the World, and the Future

Summary of the Declaration of the 30 Principles of the International Day of Yoga - IDY – it is a Day for the Personal Development and for the Global practice of Yoga - the most ancient Theoretical-Practical Philosophy in the Planet; for the Viability of the Human DNA, for Global Awareness – Inter-Ethnic, Inter-Cultural, and for Inter-Religious Ecumenism; for a Fair Globality, and to erase world inequalities; the Day of Light and the intelligence associated with Light, for the Culture of Diplomacy, against war, for the Worship of Life - 24 hours without any bloodshed around the Planet, celebrating the high importance of what Human Beings share in common, Cosmic Life, which we do not know how to create, or give, but which we should preserve, and yet also for the respect for diversity - ethnic, cultural, and of the Ecosystems, which is a Universal richness, for self-demand, and self-responsibility, for Solidarity, and Human Fraternity, and for awareness of the Hyper human / Cosmic link.

It is also the day when Portugal attracts the highest individualities of Yoga from India and the World, the most prestigious International and National Yoga Schools, and brings together the most important Religions on the Planet, and Philosophers, Scientists, artists, athletes, and politicians, both International as well as National.

This initiative, by Portugal and the Portuguese Yoga Confederation since 2001 (first time celebrated in 2002) had, in 2013, June, the Support of the Parliament of the Portuguese Republic, by unanimity of all political parties there represented.



Also India, in the famous Bengaluru Summit of 2011, December, joined the most ancient and major Yoga Lineages, and made official (among the yogi) the International Day of Yoga - IDY, in the Solstice of June, 21st.

