

YOGA FOR THE WORLD

It was the second International Day of Yoga, when people all over the world were honouring and celebrating yoga as a means “to discover the sense of oneness with yourself, the world and the nature” (Narendra Modi, Indian’s Prime Minister). In December 2014, the United Nations General Assembly declared June 21st as the International Day of Yoga, after India’s Prime Minister, Mr. Narendra Modi, pointed out the world-wide importance and many benefits of practicing yoga.

In Times Square, on Sydney Harbour Bridge and at the Great Wall in China, yogis gathered to exercise and meditate together. Not only those events took place on a large scale though. Somatheeram Ayurvedic Health Resort, for example, decided to put particular emphasis on the impact of yoga for children and adolescents. Many studies have shown that apart from the physical fitness and wellbeing, yoga also improves concentration, self-confidence and regulation, as well as the respect for peers and others.

As part of the celebration of the International Day of Yoga, Somatheeram Ayurvedic Health Resort organized a yoga presentation in cooperation with a few other institutions. 800 students attended the function and a small group of these participated in the Somatheeram Yoga Course. This course took place for several weeks and was exclusively customized for adolescents. Yoga master James showed the teenagers how yoga can serve as an offset to school work, help them concentrate and even increase their self-confidence. James concludes: “These children grow up in a tough world. We should teach them how to protect themselves from external influences and become kind and balanced individuals. We hope to contribute to this development by creating awareness towards yoga among young people.”

Somatheeram aims at providing regular yoga classes for children and teenagers in the future. We will keep you informed about this and if you wish to visit one of these courses during your stay with us, you are highly welcome to do so!



TEN TIMES AWARDED AS

“THE BEST AYURVEDIC CENTRE”

BY THE GOVERNMENT OF KERALA



SOMATHEERAM **AYURVEDIC HEALTH RESORT**