



First International Day of Yoga

Organized by the Embassy of India, Tokyo



Main Event

**On June 21, 2015 at Taimei Elementary School in Ginza
from 0915 - 1130 hrs**

Yoga Events in Tokyo in association with partner organisations

- Event 1 - Rainbow Park Dance Yoga by Discover India Club on 21 June at 1400 - 1600 hrs in Yokohama Rinko Park (coastal side of Pacifico Yokohama).**
- Event 2 - International Day Yoga Work by Japan-India Women's Forum (Corporation) on 21 June at 1000 - 1200 hrs in Yokohama Kannai Sakura Works.**
- Event 3 - Yoga Mudra International Yoga Day Work by Yoga Mudra Committee on 21 June at 0830 - 1000 hrs in Aobadai Yoga Studio, Yokohama.**
- Event 4 - Yoga Session at Tokyo Tower main observatory by Yoga Organization on Japan 21 June at 1900 hrs ~ in Tokyo Tower.**
- Event 5 - Yoga Session at Tsutaya Book Store by Yoga Organization of Japan on 21 June in Futakotamagawa, Tokyo.**
- Event 6 - Tokyo Yogathon 2015 by HSS Japan—Hindu SwyamsevakSangh on 21 June at 0830 - 1500 hrs in India International School in Japan, 1-20-20 Ojima, Koto-k, Tokyo 136-0072.**
- Event 7 - Yoga Session by The Yoga Therapist Organization on 21 June in 47 prefectures in Japan.**
- Event 8 - Anniversary of the International Yoga Day by Positive Inc. on 21 June at 1000 - 2100 hrs in Courtyard Hiroo, 4-21-2 Nishi Azabu, Minato-ku, Tokyo**
- Event 9 - Event to commemorate IDY by Indian Commerce & Industry Association (ICIJ) on 19 June at 1800 - 2030 in Embassy of India, Tokyo**
- Event 10 - Surya Namaskar Yoga by Vedaplus Yoga Studio on 21 June at 1000—1115 hrs in Vedaplus Yoga Studio, 3-10-9-201, Sansui Heim, Motoazabu, Minato-ku, Tokyo.**
- Event 11 - International Yoga Day at Tathva International School on 21 June at 1700 - 1800 hrs in Tathva International School.**
- Event 12 - Art of Living International Yoga Day Celebration by Art of Living on 21 June at 0700 - 0900 hrs in India International School in Japan**
- Event 13 - Start of Nakano Yoga Class to commemorate the "International Day of Yoga" by Chiga Co. on 21 June at 1300 ~ in Nakano.**
- Event 14 - Yoga and Unity by Brahma Kumaris on 21 June in Togoshi Hachiman Shrine, Shinagawa.**
- Event 15 - Yoga and Unity by Brahma Kumaris on 28 June in Togoshi Hachiman Shrine, Shinagawa**
- Event 16 - Tsutaya Yoga by The Yoga Organization of Japan on 21 June at 1915 - 2045 hrs in Tsutaya Electrical Store, Futakotamagawa.**

For full details / listing of events in Japan <http://www.indembassy-tokyo.gov.in/pdf/>