



INDIAN SCHOOL MUSCAT

PO Box: 2470, Ruwi, P.C. 112
Sultanate of Oman



ISM/PRN/022/2019-20

May 16, 2019.

CIRCULAR TO ALL PARENTS OF THE SCHOOL

Dear Parent,

Embassy of India, Muscat, has been celebrating the International Day of Yoga with support and participation from the Government of Oman, numerous Yoga organisations, Yoga teachers and practitioners. Last year, the Embassy celebrated the 4th International Day of Yoga on 21 June 2018, where over 5000 persons joined a mega Yoga session.

This year, Embassy of India, Muscat, will be celebrating the 5th International Day of Yoga on 21 June 2019, which will include a grand Yoga Session, based on a common yoga protocol, comprising simple and easy Yoga postures which can be performed by persons not familiar with Yoga.

To celebrate the 5th International Day of Yoga, the Embassy is pleased to invite all Yoga enthusiasts and practitioners in Oman, along with members of their families (children above the age of 11) to participate in the grand Yoga Session, which will be held at Oman Convention & Exhibition Centre on 21 June 2019 from 1900 hrs. The doors will open at 1800hrs and all the participants are requested to be seated by 1845hrs.

Yoga T-shirts and Yoga mats will be distributed free of cost to all the participants at the venue. Ladies and children can also choose to do Yoga in separate section meant for ladies and children.

People who wish to participate in the Yoga Day Celebrations are requested to register online <https://forms.gle/amoW6PzLqUqtY6J2A> or contact the Embassy at Tel: **24684517** or e-mail: indembassy.muscat@mea.gov.in.

With warm regards

Dr Rajeev Kumar Chauhan
Principal