

International Day of Yoga 2025

Qazinform (in english)

<https://qazinform.com/news/kazakh-capital-celebrates-international-yoga-day-129f98?s=08>

Kazakh capital celebrates International Yoga Day

In 2014 the UN GA proclaimed June 21 the International Yoga Day, Kazinform News Agency reports. June 21 is the day of the summer solstice, the longest day of year for the Northern Hemisphere. The Yoga Day is celebrated worldwide.

The Kazakh capital also celebrated the International Yoga Day at the Botanical Garden. The Indian Embassy organized a morning yoga session under the motto Yoga for Common Earth, for Common Health.

With the first light, all those gathered repeated 108 times the Surya Namaskar, also known as Sun Salutation, a sequence of 12 yoga poses in the air.

The Indian Ambassador to Kazakhstan, Nagendra Prasad greeted those present highlighting the Yoga Day is observed in more than 190 countries.

This year the Yoga Day is marked not only in Astana but also in Shymkent, Petropavlovsk, Aktau, Almaty and other cities.

Elordainfo:

<https://elordainfo.kz/elorda-janalyktary/elordada-yogadan-ashy-zhatty-u-tti>

An open-air yoga session took place in the capital.

On the occasion of International Yoga Day, yoga exercises were held today under the open sky in the Botanical Garden in Astana, according to Elordainfo.kz.

The event was organized by the Swami Vivekananda Cultural Center under the Embassy of India in Astana. It was attended by representatives of the Indian Embassy in Kazakhstan, as well as residents and guests of the capital.

“I sincerely congratulate everyone on International Yoga Day! Yoga has become a global movement and is now widely promoted as an effective means of strengthening health by harmonizing the body and mind. Yoga is not just physical exercise — it teaches inner peace, resilience, and harmonious living with the surrounding world and nature. The very word ‘yoga’ evokes a sense of spiritual calm.

Ten years ago, when the resolution to declare June 21 as International Yoga Day was proposed to the UN General Assembly, we received overwhelming support. This initiative was backed by 177 countries — the most extensive international support in history! Thanks to this, today International Yoga Day is celebrated in more than 190 countries around the world,” said India’s Ambassador to Kazakhstan, Dr. T.V. Nagendra Prasad.

According to the ambassador, yoga teaches people to live in harmony with the environment, with others, and with various situations in life. “Kazakhstan has embraced yoga with genuine enthusiasm, as if it has long been familiar with it and practiced it for centuries. Over the past ten years, yoga studios have rapidly opened across the country, and today celebrating International Yoga Day in more than 25

cities has become an important mission for us! All these cities wish to mark Yoga Day on a grand scale and at a high level, often taking the initiative themselves and seeking our support.

Yoga is not just for women — it is also extremely beneficial for men! I hope that more men will actively participate in yoga in the future. I would like to take this opportunity to sincerely thank Mr. Zhenis Kassymbek, the Mayor of Astana, as well as the Ministry of Foreign Affairs, the Ministry of Health, and the Ministry of Sports of the Republic of Kazakhstan for their support in organizing these festive events.

May your lives be filled with happiness and good health! Happy International Yoga Day!" said Nagendra Prasad.

At the event, yoga masters demonstrated interesting and complex exercises.

Kazinform:

<https://www.inform.kz/ru/108-privetstviy-solntsu-kak-v-astane-otmetili-mezhdunarodniy-den-yogi-4e859b>

108 Sun Salutations: How Astana Celebrated International Yoga Day

In 2014, the United Nations General Assembly declared June 21 as International Yoga Day, reports a Kazinform correspondent. The date was not chosen at random: it marks the summer solstice — the longest day of the year and one of the most significant. For cultures across the world, this day holds special meaning.

Today in Astana, festive events took place in the Botanical Garden, where the Indian Embassy organized a morning yoga session under the motto "**Yoga for One Earth, One Health.**" With the first rays of the sun, the capital's botanical garden filled with a special calm and focused atmosphere. At dawn, under the open sky, hundreds of yoga enthusiasts laid out their mats and began **108 synchronized repetitions of the Surya Namaskar (Sun Salutation)** — a sequence symbolizing a new cycle and inner renewal.

"It's a path to balance and harmony that begins with breath and ends with inner peace. It's a great honor for me to celebrate *Antarraashtriya Yog Divas* here in Kazakhstan, where so many people are open to this practice," shared instructor **Sundarapandian Ramanathan**, who has been teaching yoga in Astana for several years.

The program included not only the yoga practice but also an official ceremony. **India's Ambassador to Kazakhstan, Nagendra Prasad**, gave a welcome speech, noting that International Yoga Day is celebrated in over 190 countries around the world.

"Kazakhstan has warmly embraced yoga, as if it's a practice long known and close to its heart since ancient times. In the past ten years, dozens of yoga studios have opened across the country, and today, celebrating International Yoga Day in more than 25 cities has become an important mission for us. These cities take the initiative themselves and ask for

our support in organizing events — and that is truly inspiring. May all people be happy and healthy — happy International Yoga Day!" said **Nagendra Prasad**.

Following the speech, a demonstration session began featuring **certified yoga instructors and teachers**. The event brought together both seasoned practitioners and those just starting out. The atmosphere was filled with **tranquility, kindness, and a sense of unity**. Despite varying levels of experience, everyone moved and breathed in unison, following the guidance of the experts.

"I've been practicing yoga for just over three months. I strive for yoga to become not just a form of physical activity, but a path to mindfulness, health, and inner stillness. Today I truly felt the importance of being part of something greater than myself," shared one of the participants.

It's worth noting that this year, International Yoga Day will be celebrated not only in Astana but also in **Shymkent, Petropavl, Aktau, Almaty**, and other cities across Kazakhstan.

Earlier, we reported on why a yogini from hot India moved to the cold city of Kostanay.

Baq.kz

https://rus.baq.kz/v-astane-otmetili-mezhdunarodnyy-den-yogi-10-let-mirovomu-dvizheniyu_300016274/

Astana Celebrates International Yoga Day: 10 Years of a Global Movement

The capital became part of a global celebration that unites millions of people. Today, Astana marked **International Yoga Day** — a holiday for everyone who values this ancient practice as a path to harmony between body and spirit. This year, the occasion held special meaning: it has been ten years since the United Nations General Assembly officially declared Yoga Day. Morning yoga sessions and official speeches were held in the city's Botanical Garden to commemorate this significant milestone. On this day, yoga was perceived not just as a fitness activity, but as an opportunity to align one's breath, thoughts, and life. Read more in the **BAQ.KZ** report.

The event took place in Astana's Botanical Garden. It began at **6:00 AM**, when dozens of participants — instructors, practitioners, and ordinary citizens — gathered on the wide green lawn to connect with the philosophy of yoga. The morning program started with a collective performance of **108 Surya Namaskars (Sun Salutations)**. While this basic yoga sequence may seem simple, repeating it engages the whole body — from shoulders and spine to feet and internal organs. It strengthens muscles, improves posture, activates breathing, and triggers natural healing processes. That's why **Surya Namaskar is often recommended to beginners**: it's safe, doesn't require special preparation, and offers lasting benefits.

There was also noticeable **diversity among the participants**. While women typically make up the majority in yoga studios, this time **men were well represented** — adults, young men, even teenagers confidently joined in the flow with everyone else. The official speeches reminded the audience that yoga is not just a set of exercises but a **way of seeing the world**.

With a welcoming address, **India's Ambassador to Kazakhstan, Dr. T.V. Nagendra Prasad**, said:

"This year is special as we celebrate the 10th anniversary of this wonderful initiative. Over the past decade, yoga has transformed into a global movement uniting millions of people in pursuit of health, balance, and inner peace. Yoga is not just about physical strength, but also about cultivating sustainable thinking, tolerance, and respect for the world around us. The word 'yoga' itself carries the breath of spiritual tranquility."

He also emphasized that in today's turbulent world, yoga can be a practice that fosters **inner peace and societal harmony**:

"We live in an unstable world, full of conflict and suffering. I often ask myself: why, in this interconnected world, can't we share resources and live in peace? Why do conflicts arise before efforts to find solutions? Humanity must reflect on this to ensure sustainable peace, harmony, and happiness."

According to the ambassador, **Kazakhstan is actively supporting the international initiative**:

"Today, International Yoga Day is being celebrated in more than 25 cities across the country. We see genuine involvement, discipline, and dedication among practitioners. And I hope more men will start practicing yoga — it's a practice beneficial to everyone."

Yoga has long since stopped being viewed as a hobby "just for the flexible." Today, it is increasingly becoming a part of **rehabilitation therapy and medical recommendations**. Yoga instructor **Dinara Sugurbayeva** shared how yoga affects health and self-perception:

"Nowadays, we can confidently say that yoga culture exists and is actively developing in our country. I have a group of clients — women aged 50 and up. Most of them came to yoga on the recommendation of their doctors. That truly makes me happy. It's not about money — it's about the fact that professionals in evidence-based medicine recognize the benefits of yoga and tell patients that healing doesn't always come through pills. Yoga is a gentle, precise way of working with the body and breath that produces real results."

The instructor also shared **specific examples**:

"Yoga is the right kind of activity. I have a client who, after chemotherapy, couldn't stand or walk without pain. Now, she moves freely, drives herself, and recently wore heels for two hours — for the first time in two years. Another woman couldn't stay quiet internally for even a second. Today, for the first time, she was able to simply lie in Shavasana and feel peace."

According to experienced teachers, this is the **true essence of yoga** — not the perfection of poses, but the **ability to listen to your body, be present, recognize its signals, and respond with care**.

International Yoga Day is not just a date on the calendar. Sometimes, it's found in an early morning mat, in stillness, and in the honest work of self-awareness.