



On the occasion of 7th International Day of Yoga, Consulate General of India in Shanghai is organising online yoga classes from 7th June to 25th June 2021. Classes will be conducted by trained yoga professionals from the Conference Hall of the Consulate General of India, Shanghai. Because of the space limitation, participants are encouraged to join online through the CISCO WEBEX link, as per the details given below.

CISCO WEBEX Meeting number: 158 158 5924 ; Password: IDY2021

OR

Scan QR code



Timings : 06:30 am to 7:30 am (Monday, Tuesday, Friday)

06:00 pm to 7:00 pm (Wednesday & Thursday)

Venue : Consulate General of India, 1008, SITC, 2201 Yan'An Road, Shanghai China.

Note: Since the maximum capacity for joining online is 150 persons per session, admission to the session will be based on first-cum-first serve basis. Those who wish to join the

*classes physically at the Consulate may register with the Consulate at email ID **admn2.shanghai@mea.gov.in** in order to facilitate their entry to the SITC building.*

*Contact: **Ms. Zhoujun Li, Administrative Assistant, Mobile No. 13761619010***

General Guidelines for Yoga Practice

1. Yogic practice should be done on an empty stomach or light stomach. Consume small amount of honey in lukewarm water if you feel weak.
2. Bladder and bowels should be empty before starting Yogic practices.
3. A mattress, Yoga mat or folded blanket should be used for the practice.
4. Light and comfortable cotton clothes are preferred to facilitate easy movement of the body.
5. Yoga should not be performed in state of exhaustion, illness, in a hurry or in acute stress conditions.
6. In case of chronic disease/ pain/ cardiac problems, a physician or a Yoga therapist should be consulted prior to performing Yogic practices.
7. Yoga experts should be consulted before doing Yogic practices during pregnancy and menstruation.
