

## **Embassy of India**

### **Ashgabat**

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### **Press Release**

### **8<sup>th</sup> International Day of Yoga celebrations in Turkmenistan**

Embassy of India celebrated the 8<sup>th</sup> International Yoga Day at the iconic Bagtyyarlyk Sports Complex in Ashgabat on 21<sup>st</sup> June 2022 with great fervor and enthusiasm. Minister for Healthcare and Medical Industry of Turkmenistan H.E. Mr Nurmuhammed Amannepesov was the Chief Guest on the occasion. Ambassador Vidhu P. Nair welcomed the guests and participants at the Yoga and Traditional Medicine Centre, and highlighted the theme of International Day of Yoga 2022 “Yoga for Humanity”. This was followed by the Chief Guest’s address.

Thereafter Common Yoga protocol was administered by yoga instructors Baryshnikova Maria and Makarova Natalia. Advanced Yoga demonstrations were held by the instructors in the end which displayed their remarkable degree of skill and flexibility.

Around 200 local Yoga enthusiasts and members of the Diplomatic Corps participated in the event. Some photographs of the event are given below:



