International Day of Yoga (IDY) is a much looked forward to event in Ireland. In 2019, it was organised in 20 Counties throughout the country, with participation from a large cross section of society.

This year, for reasons of pandemic restrictions, programmes will be conducted mainly on virtual platforms. Main event in Dublin will be on Saturday, 20 June @ 10h30-11h30 in Dun Laoghaire Greens between Irish Lights and Royal Yacht Club, with limited numbers. The event will be live-streamed for all Yoga lovers and practitioners to join. Similar arrangements are being made for events being held at the provincial levels.

In build up to IDY-2020, the Embassy will be conducting various online programmes on our social media platforms, including posting a video on Yoga theme every day until 21 June, Yoga Quiz, video blogging competition ‘My Life, My Yoga’ as well as online Yoga sessions.

Yoga assumes additional importance during the pandemic as reservoir for holistic health, well-being, peace and harmony.

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