



भारत का राजदूतावास
EMBASSY OF INDIA
Tallinn (ताल्लिन)
Estonia (एस्टोनिया)

No. 25/06/04

10 June, 2025

The Embassy of India in Estonia presents its compliments to the Ministry of Foreign Affairs of the Republic of Estonia and all Diplomatic Missions accredited to the Republic of Estonia and has the honour to inform that, in pursuant to the United Nations resolution 69/131 dated 11 December, 2014, designating the 21 June as the International Day of Yoga, the Embassy would be celebrating the **11th International Day of Yoga** including a brief yoga session with an expert, **on 21 June, 2025 at 1100-1200 hours at Park area, Opposite Kadriorg Art Museum, Tallinn.**

The Embassy would like to cordially invite the officials of the Government of Estonia and members of diplomatic corps to participate in the event. A copy of the Yoga protocol is attached. Yoga mats will be provided at the venue.

The esteemed Ministry is requested to share the invitation with the yoga enthusiasts and beginners in other Ministries/Agencies of Estonia.

The Embassy of India in Estonia avails itself of this opportunity to renew to Ministry of Foreign Affairs of the Republic of Estonia and all Diplomatic Missions accredited to the Republic of Estonia the assurances of its highest consideration.



Ministry of Foreign Affairs
Government of the Republic of Estonia
Tallinn.

CC: All Diplomatic Missions accredited to the Republic of Estonia.

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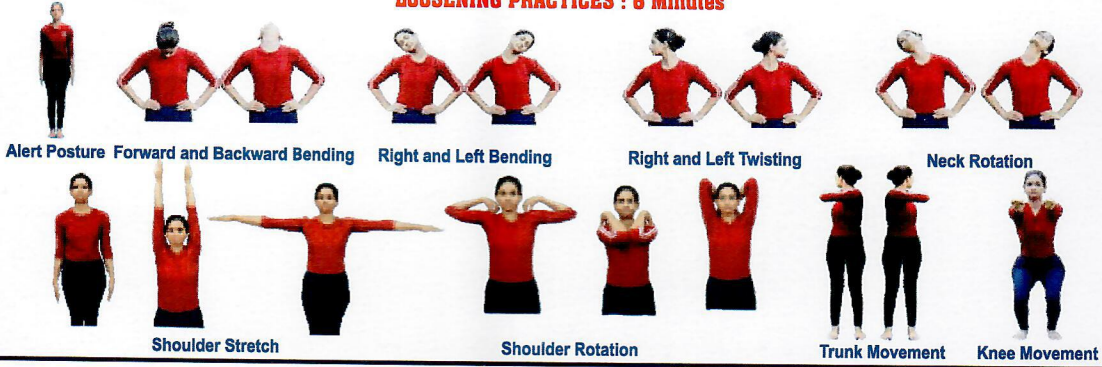
Common Yoga Protocol (CYP) 45 minutes



PRAYER : 1 Minute

ॐ Samgacchadhvam samvadadhvam, sam vo manāmsi jānatām
devā bhāgam yathā pūrve, sanjānānā upāsate ||

LOOSENING PRACTICES : 6 Minutes



YOGĀSĀNAS : 25 Minutes



KRIYĀ, PRĀṆĀYĀMA, DHYĀNA, SAṆKALPĀ : 12 Minutes



Shanti Mantra : 1 Minute

ॐ Sarve Bhavantu Sukhīnaḥ,
Sarve Santu Nirāmayāḥ
Sarve Bhadrāṇi Paśyantu,
Mā kaścit Duḥkha Bhāgbhavet
ॐ Śāntiḥ Śāntiḥ Śāntiḥ