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International Yoga Day being celebrated in Beijing

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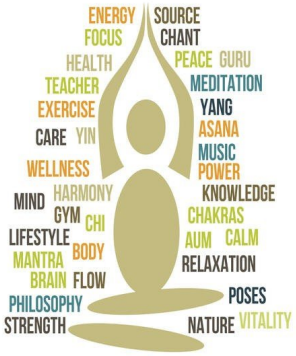

On 21st June, around one thousand Chinese yoga practitioners will celebrate the International Yoga Day in Beijing, following a week of events held across China.

For the first time, Chinese and Indian yoga lovers have come together to celebrate yoga at the iconic Great Wall of China, ahead of Wednesday's International Day of Yoga.

Dozens of young Chinese yoga lovers gathered at the Great Wall on 20th June, in a first such event organised by the Indian Embassy in Beijing, along with the Chinese People's Association for Friendship with Foreign Countries and the Yogi Yoga Institute in Beijing. The idea is to promote yoga in China, where it already has wide following.

Twenty young yoga ambassadors from India, 10 girls and 10 boys under 30 years of age selected by the Ministry of AYUSH and the Morarji Desai National Institute of Yoga, are touring China and holding workshops in the lead up to yoga day in an effort to demonstrate authentic yoga techniques, in a country where there is wide popularity for yoga but also a dearth of trained teachers.

There are more than 10,800 yoga schools in China and millions of practitioners, according to the "China Yoga Industry Development Report", an official study that examines the yoga explosion in China that will be released this month.