



21.06.2016 – On this year’s International Day of Yoga the Secretary-General’s message is clear: “Let us celebrate this Day – and every day – as members of one human family sharing one common, precious home.”

Feeling stretchy? Good, because the [International Day of Yoga](#) is here, uniting people from all over the world in celebration of this year’s theme: “Yoga for Sustainable Development Goals” [#Yoga4SDGs](#)

. So what are you waiting for? Grab your mat and find the inner peace within you.

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word ‘yoga’ derives from Sanskrit and means to join or to unite, symbolising the union of body and consciousness. Today Yoga is practiced in various forms around the world and continues to grow in popularity.

Recognising its universal appeal, on 11 December 2014, the United Nations proclaimed 21

June as International Yoga Day by resolution 69/131.

The resolution notes *“the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health.”*



“This year’s observance of the International Day of Yoga highlights the important role healthy living plays in the realization of the [Sustainable Development Goals](#) , adopted last year by all 193 United Nations Member States”,
remarks Secretary-General Ban Ki-moon.

“On this International Day of Yoga, I urge everyone to embrace healthier choices and lifestyles and to commit to unity with our fellow human beings, regardless of ethnicity, faith, age, gender identity or sexual orientation.□ Let us celebrate this Day – and every day – as members of one human family sharing one common, precious home.”

#Yoga4SDGs

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Photos

One: *UN Secretary-General Ban Ki-moon takes a moment to practice his yoga moves, 2014* U
N Twitter

Two: Amelie Selva