



INTERNATIONAL YOGA DAY 2026

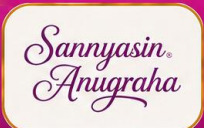


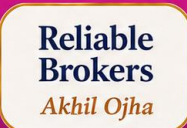


ORGANISED BY
YOGA CLINIK AND PRABHVATI DEVI-SOHAM ASHRAM

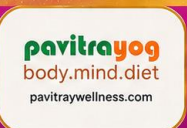
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9A Basin View Lane, Panmure, Auckland-1072

Upcoming Event: International Yoga Day 2026

Get ready to celebrate **International Yoga Day** on **June 21, 2026** with us!
An immersive day of yoga, meditation, and community connection awaits. All are welcome!

Yoga Day 1 – Friday, 19 June



Celebrate International Yoga Day, a global tribute to the ancient practice uniting body, mind, and soul. A journey inward inspires wellness, balance, and harmony across the world, fostering connection. Let's honor yoga's transformative power through renewal and inspiration together.

IYD 2026 – Visit online: www.PDSAshram.org.nz AND <https://iydpastevent.pdsashram.org.nz/>

Time	Program
4:00 – 4:30	Registration and Welcome of Guests and Chief Guest
4:30 – 4:45	Chief Guest lights the lamp. Message from Chief Guest
4:45 – 5:00	Talk on Yoga and International Yoga Day
5:00 – 5:15	Introduction to: "Prabhavati Devi - Soham Ashram," "Yoga CliniK" "Facilitators" AND Program Overview
5:15 – 6:00	Transformation Session [Korero Awhi by Yogi Nitinananda] "Why I am here? What is my purpose? "What is meaning of my life?"
6:00 – 6:30	Introduction to Dark Room Facility. Participants can Experience Dark Room Facility. [Half an hour each one after one] Book you time slot in advance to avoid miss-out & disappointment. 6.30 PM onwards: Tea - Coffee & Socialization



Yoga Day 2 – Saturday, 20 June

Begin your morning with sacred sound and stillness, focusing on inner cleansing and energy awakening. Engage in practices like mantra healing, pranayama, and mindfulness designed to energize your body. Awaken your spirit through a revitalized and balanced day ahead.

Time	Program
6:30 – 7:00	Registration
7:00 – 9:00	Mantra Healing: Live Mantras for cleansing and activating chakras
9:00 – 10:30	Micro Yoga & Introduction to Pranayama – The Breathing Exercises
10:30 – 10:45	Short Break
10:45 – 1:30	Session by Ananda Marg (Path of Bliss): Relaxation, Yoga class, Yoga philosophy, Kirtan and meditation.

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1:30 – 2:30	Lunch Break
2:30 – 3:15	Discourse – Questions & Answers
3:20 – 4:30	Yoga Nidra



Yoga Day 3 – Sunday, 21 June

Explore spiritual connection & holistic healing by delving into the cosmic dimensions of yoga. Experience energy practices like Reiki, meditation & transformative techniques that recharge your spirit.

Time	Program
07:00 – 09:00	Mantra Healing: Live mantras for cleansing and activating chakras
09:00 – 09:15	Short Break
09:15 – 1:00	Cosmic Energy for Holistic Health and Sustainability: 1. Importance of Yoga: Physical Exercise, Kriya, Mudra, Pranayama, Chant 2. Invocation and Meditation to harness cosmic energy 3. Reiki's simple modality for union with the cosmic realm and daily life uses. 4. Initiation and Practice 5. Question and Answer Session

Time	Program
1:00 – 2:30	Lunch Break
2:30 – 4:00	Yoga Nidra

Who Can Attend? What to Bring?

This event is open to **everyone** — whether you are just starting or already on your yoga journey. Discover practices to deepen your relaxation and inner balance.

- Yoga Mat: Bring your own (Limited mats available – first come, first served)
- Warm Comfortable Clothes
- Blanket and Cushion
- Water Bottle or Flask

Hosted By

Yoga CliniK & Prabhavati Devi – Soham Ashram

RSVP today and invite your friends and family! **Limited Seats**

Pre-Registration is required. Book it now: txt/WhatsApp 0211801650

You can attend full retreat for nominal cost of \$20 or if you can't attend full retreat or only wanted to attend then casual entry cost is \$10 for the particular day want to attend.

Sponsors

Ananda Marg, Pavitra Yog, Arunjeev Law Firm, AucklandMindfulness Insurance, Sannyasin Anugraha

Donations (Koha, Seva)

Your kind contributions are appreciated. Help us continue spreading peace, wellness, and spiritual unity.

NOTE:

If you feeling Sick on the days of event, please ensure to call and keep us inform, stay warm at home, get well soon & we will allocate your seat to those on waiting list.

In case you were found sick during event, you will be asked to leave the site & go home for wellbeing of other participants.

Participants attending full event will go into Draw for 'FREE Dark Room Retreat for 12 Hrs' (Normal price \$ 500/-)

We reserve the right to change the programme any time depending on number & type of participants, weather condition, and inability of facilitator to deliver session due to sickness or personal emergency etc.

Participants will be given a chance to enjoy dark room meditation facility one by one for ½ hour during our IYD 2025 festival celebration. Make your booking with Ash: 022 562 9762

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