

6th IDY 2020 in a virtual way under the theme 'Ghar Ghar se Yoga – Yoga from Home'. On 21st June 2020, Sunday at 8.00am

We are celebrating 6th IDY in a virtual way under the theme 'Ghar Ghar se Yoga – Yoga from Home'. On 21st June 2020, Sunday at 8.00am we will upload the Common Yoga Protocol of the Yoga Day on our social platforms. All yoga enthusiasts are requested to follow streaming video and do yoga remaining at in home. They can do Yoga with Family members at one's convenience from 21-28 June 2020. It is advised everyone to like our Facebook page [http:// www.facebook.com/cgizanzibartanzania](http://www.facebook.com/cgizanzibartanzania) and also send a text or WhatsApp message to +2550767605047 on details like name, place and no. of persons participated. They can also mention these details in comment section of the Facebook. You may also to share with us the videos recorded of your yoga session's on the given whatsapp.

#InternationalYogaDay2020

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#YogaDay

#YogaDay2020

#IdoYogaAtHome

#SpiritOfYoga