

Mburathi: Yoga Is Being Adopted In Lifestyles



IDY instructors and committee members

By Hussein Jiva

The Yoga Kenya Committee, promoted by Hindu Religious Service Centre (HRSC) and Hindu Swayamsevak Sangh (HSS), organised a yoga day on June 25, the first Sunday after the global observation of International Day of Yoga (IDY), with over 150 participants attending.

"Now in its third year, Kenyans are no longer alien to yoga. There is significant awareness and already, many have adopted this into their lifestyles... More and more, people understand this goes beyond faith and is a connection to nature," said the Convener for this year's IDY, Kiuri Mburathi.

The committee, which has been a stakeholder in organising the previous two grand yoga day sessions in Nairobi, sought to adopt a different approach this year, instead holding smaller sessions across the country in places such as Mombasa, Kisumu and Embu among others.

"Yoga is being embraced by the indigenous population; this is an encourag-

ing sign as we spread the practice of yoga – through our abled volunteers - to various schools and regions, for the benefit of all," furthered the coordinator of the committee, Sanjay Modi.

Throughout the year, the committee engages other organisations to spread yoga to schools, communities and other bodies across the country. Over 20 schools have already benefitted from the initiative.

"We continue to sensitise the masses that beyond the physical benefits of this practice, the mind and soul are also nourished... Among the noticeable differences after properly practicing and adopting yoga include behavioural changes, inner peace, improved memory and positive attitudes," concluded the Joint General Secretary of HSS, the umbrella body of HRSC, Parantap Joshi.

Through the session, various yoga instructors took to the stage to conduct varied yoga poses, providing demonstrations to the engaged group of attendees.