

**‘CELEBRATING THE WAY OF LIFE’ EVENT WHICH WAS CARRIED OUT IN CONJUNCTION WITH INTERNATIONAL YOGA DAY, ON 24<sup>TH</sup> JUNE 2017 (7.00AM TO 1.00PM) AT THE TEMPLE OF UNIVERSAL SPIRIT AND MULTIPURPOSE HALL OF THE PURE LIFE SOCIETY.**



The event started with an opening prayer by Mr. T.K. Lee, Vice Chairman of Centre for Spiritual Advancement (CSA).



Mr. V. Perumal, a renowned yoga teacher, explained the benefits behind every move in a very expressive and demonstrative manner, while teaching the Yogasana activity.





Dr. M. Jeyarajan, who is also a yoga pro, demonstrated on breathing techniques through Pranayama and Dyana practices.



After a healthy and hearty breakfast, all participants adjourned to the Multipurpose hall for the next part of the event.



The next session of the event started by Ms. Sheela Vasuthevan, one of the working committee member of CSA, becoming the MC and announcing on the oncoming events.



The session started with Dr. Suresh Kumar explaining the meaning and benefits of Theurapeutic Yoga. His explanation was well presented, much to the understanding of the participants.

The audience were so engrossed in understanding and learning all about yoga.



Dr. M. Jeyarajan's explanation about yoga – From Strife to Life, kept audience at a motionless state, listening to every words of his intently.



Nextly, Ms. Sandhya Manoj's expressive explanation and demonstration on the connection between yoga and dance in Yoga in Motion, was superb. Being an expert in Bharathanatyam and Odissi dances, she provided a very enthralling and entertaining performance, mesmerising all present to her gentle movements.



One of the yoga participants from India demonstrated the exercises involved in yoga, where flexibility of the body was utilized to the maximum.





