



• Yoga and the UN •
Culture of Peace



**The Permanent Mission of
Nepal to the United Nations**

YOGA AND THE UNITED NATIONS CULTURE OF PEACE PROGRAM

As a continuum to the United Nations International Day of Yoga, 'Yoga For Universal Peace' will be organizing and hosting an international conference, entitled "Yoga and the UN Culture of Peace" at the United Nations Headquarters in New York City on October 28, 2016 from 6:30 PM EST until 9:00 PM EST at the ECOSOC Chamber.

Yoga and the UN Culture of Peace Event presents an emphasis on philosophical and psychological influences of yoga, as well as the impact yoga has on spiritual, mental and physical overall balance and wellbeing. Benefits of yoga on universal harmony and peace in the world are explored during the discussions, along with scientific research proving the advantages of practicing yoga for healthier communities and individuals.

6.00 p.m.	<i>Registration</i>
6.30 p.m.	<i>Background and Context</i> <i>Introductory Remarks:</i> H.E. Mr. Durga Prasad Bhattarai - Permanent Representative of Nepal to the United Nations
6.45 p.m.	<i>Music Performance</i> Introduction of the Choir by M.C. Ms. Nilima Silver - United Nations General Assembly Speakers' List Sri Chinmoy Choir
7.15 p.m.	<i>Panel Discussion</i> <i>Keynote Speaker:</i> Ms. Yogmata Keiko Aikawa
7.35 p.m.	Ms. Denise Scotto - Chair, International Day of Yoga Committee at the UN Rev. Sam Rudra Swartz - Integral Yoga Minister at the <i>Integral Yoga Institute</i> (IYM) Josh Matthew-Meier - Yoga Instructor and Manager at <i>Mang'Oh Yoga</i>
8.15 p.m.	<i>Closing Remarks:</i> Valdemar Prado - Senior Research Fellow for Science and Technology for Sustainable Development, WAFUNIF
8.20 p.m.	<i>Q and A</i>