

Press Release

Asia Society Hong Kong Center Hosts International Day of Yoga on June 17

25 Yoga Sessions on a Variety of Styles for All Ages and Physical Abilities

(Hong Kong, May 17, 2018) – Asia Society Hong Kong Center (ASHK) today announces that it will be co-organizing the **International Day of Yoga 2018 (IDY 2018)** with the Consulate General of India in Hong Kong (CGI-HK) at its Admiralty home at the Former Explosives Magazine on Sunday, June 17, 2018. This is the second consecutive year that ASHK collaborates with the Consulate General of India on this popular initiative, with the aim of enhancing accessibility and raising awareness of the varieties and many benefits of yoga practices in Hong Kong. This local initiative is in line with the United Nations proclamation in 2014 of the International Day of Yoga which promotes yoga’s holistic contribution towards health, wellness, harmony and peace.

“At Asia Society, we are dedicated to promoting cross-cultural understanding and partnerships in Hong Kong, Asia and across the world. While yoga already has broad appeal, we are pleased to collaborate with the Consulate General of India to deepen understanding of this ancient cultural heritage for its important health and wellness benefits for the body and mind,” says S. Alice Mong, Executive Director of ASHK.

The **International Day of Yoga 2018** will comprise 25 one-hour yoga sessions or talks that will take place throughout ASHK’s campus, both indoors and outdoors. Lauded as an oasis in the midst of the bustling city of Hong Kong, ASHK’s campus will allow participants to immerse in its natural and peaceful environment to take full advantage of the wonders and benefits of yoga and meditative practices.

The schedule of classes (see attached) will feature a wide variety of yoga practices, ranging from traditional Hatha yoga, Iyengar yoga, Sri Sri yoga, Isha kriya, accessible yoga, sports yoga, to laughter yoga and more. Other classes will feature meditation and breathing techniques and practices. Conducted in English and/or Cantonese languages, the sessions are designed to appeal to people of different ages, levels of yoga experiences and physical abilities.

Online ticketing are available on [ASHK’s website](#) from tomorrow until 6 pm on June 16, 2018. Registration will be on a first-come-first-serve basis.

- end -

About Asia Society Hong Kong Center

Asia Society Hong Kong Center is a locally funded, independent non-government organization that was established in 1990 by a group of Hong Kong community leaders. It is affiliated with Asia Society in New York that was founded in 1956 by John D. Rockefeller III to promote mutual understanding and to strengthen partnerships between Asia and the US in a global context.

Asia Society Hong Kong Center is dedicated to providing educational platforms that present balanced perspectives and promote critical understanding of topics that are relevant to Hong Kong, Asia and the

region's role in the world. Across the fields of arts and culture, education, business and policy, it seeks to provide insights, generate ideas and promote collaboration to address present challenges and create a shared future. Its home in Admiralty at the former Explosives Magazine of the old Victoria Barracks, made possible under Private Treaty Grant from the government, was the result of careful conservation, restoration and adaptive re-use which transformed the heritage site into a cultural, artistic and intellectual hub in 2012 to offer a broad variety of cultural and education programs to the community.

Media Enquiry

For more information, please contact:

External Affairs, Asia Society Hong Kong Center

Barbara Tong +852 2103 9513

May Tam +852 2103 9559

Email: mediahk@asiasociety.org