

**Embassy of India  
Mexico City**

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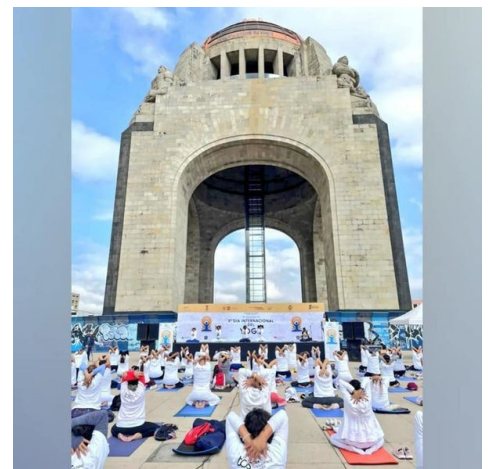
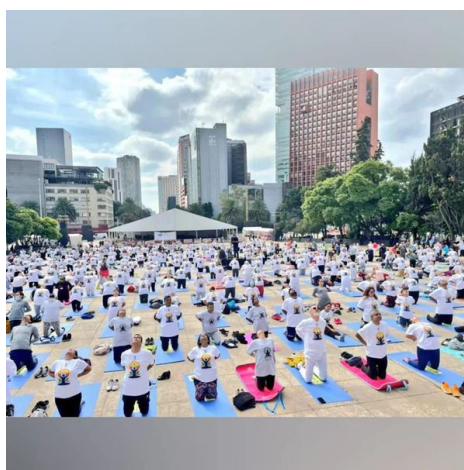
**Press Release - Celebration of the 8th International Day of Yoga 2022**

The 8th International Day of Yoga (IDY) was successfully celebrated in 8 different cities of Mexico from 19<sup>th</sup> June 2022 to 26<sup>th</sup> June 2022. The IDY 2022 was organized by Gurudev Tagore Indian Cultural Centre, Embassy of India in Mexico in partnership with local government, friends of Yoga and several organizations supporting Yoga in Mexico.

The opening event was held in Mexico City on 19<sup>th</sup> June 2022 at the historic Monumento a la Revolucion. The event saw a turnout of around 800 yoga practitioners. Ambassador Pankaj Sharma welcomed the participants and highlighted the unifying force of Yoga, its immense benefits and how the International Day of Yoga has become part of the global calendar. H.E. Mr. Salvador Caro Cabrera, Deputy and President of the Mexico-India Friendship Group and Ms. Cristina Quezada, pioneer of yoga in Mexico were invited as the Guests of Honor.

Yoga day was also celebrated in cities of Cancun, Merida, Pachuca, Zacatecas, Monterrey, San Luis Potosi and Guadalajara. Each city witnessed a turnout of more than 200 participants with Guadalajara seeing more than 500 participants. Ambassador Pankaj Sharma and Deputy H.E. Mr. Salvador Caro Cabrera along with local dignitaries and officials addressed the gathering and joined the yoga practice in closing ceremony at Guadalajara. Live telecast of the event as part of the 'Global Yoga Ring' was done from the city of Merida. A large number of participants had also joined the Yoga sessions through Embassy's social media channels on Facebook and YouTube.

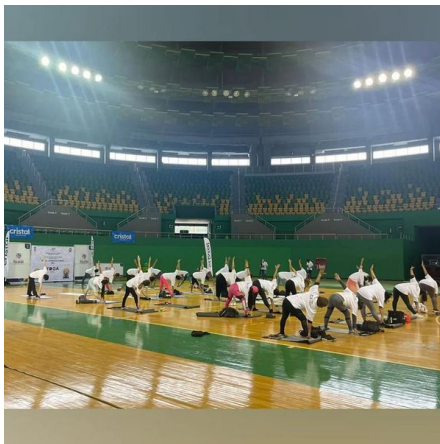
1) Mexico City



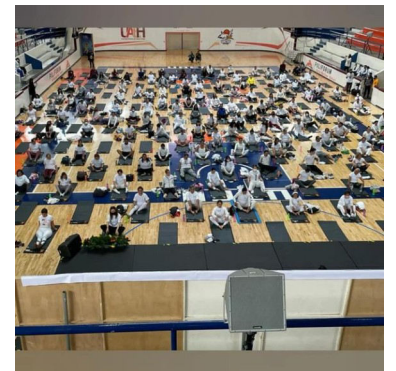
## 2) Cancun



## 3) Merida



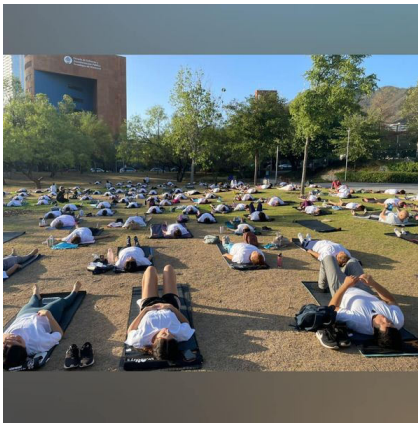
## 4) Pachuca



## 5) Zacatecas



## 6) Monterrey



## 7) San Luis Potosi



## 8) Guadalajara

