

Celebrate United Nations International Yoga Day at the Meadow Club

Join us to promote World Peace with practices of Yoga and meditation.



International Yoga Day
June 21st, 2022
at
THE MEADOW CLUB
Oasis of Elegance

KINDLY
RSVP
BY June 20th



Los Angeles, California May 24, 2022 (Issuewire.com) - LearnwithMasters.com is delighted to help bring the 7th Annual United Nations Day of Yoga on June 21st, 2022, from 10:00 am to 3:00 pm at The Meadow Club at Port Jefferson, NY. This event will be open to all and will include many types of yoga classes for all ages and levels. There will also be sessions on Ayurveda, meditation, mindfulness, holistic health, and Reiki.

Local elected officials Council Member Kornreich, Legislator Hahn, Director of the Staller center Mr. Alan Inkles, President of the Port Jefferson Chambers of Commerce Mrs. Jennifer Dzvonar, to name a few, will be in attendance for the candle lighting ceremony to start the morning program. A vision of Jas. Singh founder of ReflectandRespond.com is to share wisdom practices and promote holistic health for everyone to unlock their wellness and wellbeing.

Event speakers include Dr. Nisha Patel, Board-certified Doctor of Integrative Medicine, Alternative Medicine, and Doctor of Humanitarian services; Meditation teacher Bhante Kottave Nanda from Long Island Meditation Center; and 14+ instructors and wellbeing vendors.

At the event, attendees will be able to learn and practice various forms of yoga such as Hatha, Chair, Kundalini, Restorative, Vinyasa, Yin, Yoga Nidra, and more from local instructors of Yoga, Pranayama breathing, Ayurveda, Holistic health lifestyle, Meditation, Mindfulness, Reiki, financial wellbeing and more.

There will be a session with a focus on **BALANCING** your body and mind. You will learn how to focus on your well-being with a **Holistic Health** approach to unlock better mental, physical & spiritual health. The program led by Jas will educate you on how to create daily routines that foster better overall health based on Deepak Chopra's best-selling book "Perfect Health".

Topics that will be covered:

- Six Pillars of health:
Nutrition, Movement, Sleep, Meditation, Emotions, and Self-care
- Learn about Ayurveda a centuries-old system of health and healing and how we can integrate the principles into our lives.
- What is your mind-body type and how to make choices to keep your life in balance?
- Create daily routines that help prevent the preventable and foster better overall health.
- Develop personalized routines based on your specific physical, mental, and spiritual makeup

Jas will also share how to balance & tone your energy with a **Chakra toning meditation**.

"The body is the vehicle, consciousness the driver.
Yoga is the path and the chakras are the map.

Bring your family and friends, visit our vendors, and enjoy a delicious vegan vegetarian buffet for a nominal fee. There will also be a raffle of baskets valued at \$200 to raise awareness of peace with yoga, love, and light.

The event is FREE and Open to the public, registration is required.

Please bring your yoga mats. Mats will be also available for purchase.

Learn more and RSVP now at LearnwithMasters.com

About Organizers:

This event is being sponsored by:

- Jas Fugan [?][?] Singh founder of LearnwithMasters.com brings teachers from wisdom traditions

to help you learn and apply ancient practices for your growth, wellness, and wellbeing. Jas is a certified Mindfulness, Chopra Meditation, Holistic Health, Positive Psychology & Resilience instructor. He also blogs at [com](#) and offers 12-week wellbeing coaching at [MasterGameofLife.com](#)

- Indu Kaur, Director of The Meadow Club
- Sharmila Nigam, founder of One Love Generation
- Marcy Guzman of The Healing Center at Port Jeff Salt Cave, along with 14+ holistic teachers and volunteers.

For more information contact info@learnwithmasters.com or call (631) 828-4818

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Source : learnwithmasters

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