

**Bann zofisye senior dan Gouvernman Sesel,
Manm kor diplomatik,
Envite distenge,
Madam e Misye,**

Bonzour!

Mon akey tou dimoun pour sa 11enm Lazournen Enternasyonal pour Yoga!

Parey nou konnen, an 2014, Premye Minis Lenn, Misye Narendra Modi, ti fer en propozisyon spesyal.

I ti propoze ki Nasyon Zini oselebre en Lazournen Enternasyonal pour Yoga.

Lasanble Zeneral Nasyon Zini ti aksepte sa propozisyon.

Zot ti deside pour deklare le 21 Zen konman Lazournen Enternasyonal pour Yoga.

Sa rezolisyon ti gann soutyen par 175 pei — enkli Sesel.

Le 21 Zen 2015, nou ti selebre premye Lazournen Enternasyonal pour Yoga.

Sa ti fer dan Stad Popiler.

Madam e Misye,

Tenm sa lannen pour Lazournen Enternasyonal pour Yoga se **“Yoga for One Earth, One Heath.”**

Sa mesaz i enportan pour nou tou, parski yoga i donn bokou benefis — pour nou lespri ek nou lekòr.

Yoga i ed nou dan plizyè fason:

- I redwir stres ek lenkyetid
- I amelyor nou kalite dormi
- I ranfors nou respirasyon ek kapasite poumon
- I soulaz bann douler kronik
- I amelyor nou pozisyon lekor ek balans.

Dan sa lemond ozordi kot lavi i ranpli avek stres, i vreman enportan ki nou pran swen nou lasante fizik ek mantal. Pratik yoga i en fason senp e efikas pour ed nou fer sa.

Isi Sesel, bokou dimoun in konmans fer yoga, e mon vreman kontan vwar ki yoga pe vin pli an plis popiler.

La, mon demann zot permisyon pour kontinyen an Angle.

This year also we organized many yoga activities, as we approached the International Day of Yoga. The run up the IDY started with a yoga session at the beautiful Beau Vallon Beach in April 2025. Yoga sessions were organized for the officials of the Financial Services Authority, school children at the Children's House, in Praslin and La Digue for elderly and children and for diplomats at the Laila Resort. The elderly, children, diplomats, officials - all participated with enthusiasm in these sessions.

And today, we have the the main session on the occasion of the 11th International Day of the Yoga. I am delighted to see such a huge turnout, pointing out to the increasing popularity of yoga in Seychelles.

We are lucky that a team of dedicated yoga instructors and enthusiasts assist us in this endeavour. I take this opportunity to thank our instructors - Mr Steve Thelerment, Ms Josette Ruiz and Ms Meenkshi Tank, as well as other wonderful members of the Yoga club of Seychelles, for their amazing work, which increases the well being quotient of the society. I also place on record my deepest appreciation for the Indian Association, Bank of Baroda, as well as the National Sports Council, for their sponsorship, assistance in providing the venue and help in making today's event possible.

Once again thank you for participating in the 11th IDY. Let us strive to make yoga part of our lifestyle for a better quality of living. Happy yoga.

Merci Beaucoup!
