



# 21ST JUNE Yoga Day

Theme:

“Yoga for One Earth, One Health,”

**EMBRACE THE UNION OF BODY, MIND, AND SOUL**

**This International Yoga Day, reconnect with your inner self.**

**Let every breath guide you to peace, strength,  
and balance — within and beyond.**

**CERC-EIACP**



**Consumer Education and Research Centre**

Environmental Information, Awareness, Capacity Building and Livelihood Programme (EIACP) Programme Centre- Resource Partner