

The Indian Ambassador invites the Icelandic nation to yoga

The Indian Ambassador spends forty minutes a day doing breathing exercises and feels that Icelanders have to pay too much to attend yoga classes in Iceland. The Ambassador therefore hired a yoga teacher, coming all the way from India, who offers everyone yoga and teaches for free.

COMMUNITY The Ambassador of India in Iceland started yoga after the Prime Minister of his homeland India proposed that an international Yoga Day should be celebrated. The Ambassador does not go through a day without taking an hour for yoga practice. "Yoga is thousand years old, but we never thought of it as ours, we want to share it with humanity," says India's Ambassador Rajiv Kumar Nagpal, who offers free yoga classes in Embassy of India on Túngata. He practices exercises daily but finds yoga classes too expensive in Iceland. "There are a lot of interest for yoga in Iceland and many studios that offers yoga, where one hour can cost two to three thousand krónur, which I think is too expensive," says the Ambassador. "So we thought of offering this service for free and getting a yoga teacher to Iceland. Yoga is good for both mental and physical health and we think it should be free". Ambassador himself began practising yoga four years ago, or after the Prime Minister suggested to the United Nations that 21st June should be made the International Day of Yoga. Ambassador does yoga practices for an hour a day and claims to focus mostly on breathing. "We all do Yoga at the Embassy. I spend about forty minutes just breathing, that helps a lot for mental health, also as everyone in the world breathes. It improves mental health and you feel the change within, " he says. The Yoga teacher came from India to Iceland in December and will work for the Embassy for two years, but after that, Ambassador plans to hire a new teacher. Currently there are four hours of Yoga offered per day at the Embassy premises at Túngata, and already nearly fifty people have enrolled in the course, although they have advertised the Yoga classes little or not at all. The attendance is different everyday and some days there is a small group practicing yoga in the basement of the Embassy. Ambassador said, however, that there is a possibility of moving the courses into a larger building if the attendance becomes greater than the housing could offer - as he would be thrilled if all of Iceland's people would start doing Yoga.

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