

WORLD MOTO YOGA DAY 2020

PRE EVENT COVERAGE DOCKET

CELEBRATING MOTO YOGA DAY JUNE 21st 2020

Publication: The Hindu

Edition: Bengaluru

When motorcycles are meshed with yoga

You get some asanas that can help physical fitness of bikers

STAFF REPORTER
BENGALURU

The Big Biking Commune, a motorcycling community, is organising an online yoga session for bikers on June 21 to celebrate International Day of Yoga and World Motorcycle Day.

Yoga instructors and motorcycle enthusiasts Yoga-bandhu Prashanth and Sameera Dahiya will teach asanas that can help the physical fitness of bikers. Big Biking Commune will also release a booklet *Yoga for Bikers*, which comprises 18 asanas curated for bikers.

The live yoga session can

be viewed on Big Biking Commune's Instagram page (@big_biking_commune) from 9 a.m. to 10 a.m. on June 21. The online motorcycle community is spread across 1,500 clubs and has 25,000 bikers.

Prashanth, who's been a yoga instructor for 12 years now, explains how he curated the postures. "I am a biker. I figured out my yoga practices help me ride better. When I was in Europe some time back, I taught some asanas to a few professional bikers from Germany and Poland. They got back saying how the asanas

worked for them." He adds that the asanas help the riders not just physically but mentally as well.

"Last year, we had our first edition of Motoyoga, where we gathered bikers from the city to perform yoga under the supervision of yoga instructors," says Arun Kumar, the convener of the motorcycling community. "This year too, we wanted to reach out to bikers across India through our online platform. The current lockdown situation can be utilised by bikers to keep themselves physically fit and have a stress-free mind."

CELEBRATING MOTO YOGA DAY JUNE 21st 2020

Publication: Hosadigantha

Edition: Bengaluru

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ಬೆಂಗಳೂರು: .ಬಿಕ್ ಬೈಕಿಂಗ್ ಕಮ್ಯೂನ್
ತನ್ನ 2ನೇ ಆವೃತ್ತಿಯ ವಿಶ್ವ ಮೋಟೋ
ಯೋಗ ದಿನ ಆನ್‌ಲೈನ್ ಮೂಲಕ
ಜೂ.21ರಂದು ಆಚರಿಸುತ್ತಿದೆ. ಆಸಕ್ತರು
[https://www.instagram.
com/big_biking_commune](https://www.instagram.com/big_biking_commune)
ವೀಕ್ಷಣೆ ನಡೆಸಬಹುದಾಗಿದೆ.

CELEBRATING MOTO YOGA DAY JUNE 21st 2020

Publication: Samyuktha Karnataka

Edition: Bengaluru

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ಬೆಂಗಳೂರು: ಬಿಗ್ ಬೈಕಿಂಗ್ ಕಮ್ಯೂನ್ ವತಿಯಿಂದ ವಿಶ್ವ ಮೋಟೋ ಯೋಗ ದಿನಾಚರಣೆಯನ್ನು ಜೂ.21ರಂದು ಬೆಳಿಗ್ಗೆ 9 ಗಂಟೆಗೆ ಆನ್‌ಲೈನ್ ಮೂಲಕ ಆಯೋಜಿಸಿದೆ.

ಈ ಯೋಗ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಬೈಕ್ ಸವಾರರು, ಯೋಗಗುರುಗಳು ಭಾಗವಹಿಸಲಿದ್ದಾರೆ. ಆಸಕ್ತರು https://www.instagram.com/big_biking_commune/ ಮೂಲಕ ಕಾರ್ಯಕ್ರಮವನ್ನು ವೀಕ್ಷಿಸಬಹುದೆಂದು ಪ್ರಕಟಣೆ ತಿಳಿಸಿದೆ.

CELEBRATING MOTO YOGA DAY JUNE 21st 2020

Publication: Suvarana Times of Karnataka

Edition: Bengaluru

ನಾಳೆ ಮೋಟೋಯೋಗ ದಿನಾಚರಣೆ

ಬೆಂಗಳೂರು: ಬಿಗ್ ಬೈಕಿಂಗ್ ಕಮ್ಯೂನಿಟಿಯಿಂದ ವಿಶ್ವ ಮೋಟೋಯೋಗ ದಿನವು ಜೂನ್ 21 ಅನ್ನು ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನವಾಗಿ ಮತ್ತು ವಿಶ್ವ ಮೋಟಾರ್ ಸೈಕಲ್ ದಿನವಾಗಿ ಆಚರಿಸುತ್ತಿರುವುದು ಇದೇ ಪ್ರಥಮವಾಗಿದ್ದು, ಇದು ವಿಶ್ವದ ಮೊದಲ ಮತ್ತು ವಿಶಿಷ್ಟ ಪರಿಕಲ್ಪನೆಯಾಗಿದೆ. ಇದು ಬೈಕರ್ ಆರೋಗ್ಯ ಮತ್ತು ಯೋಗಕ್ಷೇಮದ ಮೇಲೆ ಸಮತೋಲನದೊಂದಿಗೆ ಮೋಟಾರ್ ಸೈಕ್ಲಿಂಗ್‌ನ ಉತ್ಸಾಹವನ್ನು ಒಟ್ಟುಗೂಡಿಸುತ್ತಿದೆ. ಈ ವರ್ಷ ವಿಶ್ವ ಮೋಟಾರು ಯೋಗ ದಿನಾಚರಣೆಯ ಎರಡನೇ ಆವೃತ್ತಿಯಾಗಿದ್ದು, ಆನ್‌ಲೈನ್‌ನಲ್ಲಿ ನಡೆಯುತ್ತಿದೆ ಮತ್ತು ಈ ವರ್ಚುವಲ್ ಯೋಗ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಭಾಗವಹಿಸುವ ಬೈಕ್ ಸವಾರರೊಂದಿಗೆ ನೇರ ಪ್ರಸಾರವಾಗಲಿದೆ.

ಈ ಲೈವ್ ಸೆಷನ್ ಅನ್ನು https://www.instagram.com/big_biking_commune/ ಮೂಲಕ ವೀಕ್ಷಿಸಬಹುದಾಗಿದೆ. ದಿನಾಂಕ: 21ನೇ ಜೂನ್ 2020, ಸಮಯ: ಬೆಳಿಗ್ಗೆ 9-00ಗಂಟೆ ಯಿಂದ 10-00 ಗಂಟೆ ವರೆಗೆ ಈ ವರ್ಷ ವಿಶ್ವ ಮೋಟಾರು ಯೋಗ ದಿನಾಚರಣೆಯ ಎರಡನೇ ಆವೃತ್ತಿ ಆನ್‌ಲೈನ್‌ನಲ್ಲಿ ನಡೆಯುತ್ತಿದೆ ಮತ್ತು ಈ ವರ್ಚುವಲ್ ಯೋಗ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಭಾಗವಹಿಸುವ ಬೈಕ್ ಸವಾರರೊಂದಿಗೆ ನೇರ ಪ್ರಸಾರವಾಗಲಿದೆ. ಯೋಗ ಮಾಸ್ಟರ್ಸ್ ಆಗಿರುವ ಜಿಜತುಮಾನದ ಬೈಕ್ ಸವಾರರು ಆತಿಥ್ಯ ವಹಿಸಲಿದ್ದು, ಮೋಟೋಯೋಗಿಸ್ ಯೋಗಬಂಧು ಪ್ರಶಾಂತ್ ಮತ್ತು ಸಮೀರಾ ದಾಹಿಯಾ ಅವರು ಬೈಕರ್‌ಗಳಿಗಾಗಿ ವಿಶೇಷವಾಗಿ ಕ್ಯುರೇಟೆಡ್ ಯೋಗ ಆಸನಗಳನ್ನು ಪ್ರದರ್ಶಿಸಲಿದ್ದು, ಜೂನ್ 21 ರಂದು ವೋಲ್ಡ್ ಮೋಟಾರ್‌ಸೈಕಲ್ ದಿನವಾಗಿ ತಮ್ಮ ಉತ್ಸಾಹವನ್ನು ಆಚರಿಸುತ್ತಾರೆ.

ONLINE

CELEBRATING MOTO YOGA DAY JUNE 21st 2020

Website: Live Chennai

Link : <https://www.livechennai.com/detailnews.asp?newsid=53869>

- Live streaming of the yoga sessions for bikers
- Yoga performed by Motoyogis (Bikers who are Yoga masters)
- Release of the first 'Yoga for Bikers' booklet

World MotoYoga Day by Big Biking Commune is the world's first and unique concept to celebrate June 21st as the International Day of Yoga as well as the World Motorcycle Day; it is bringing together the passion for motorcycling with a balance on the biker health and well-being.

This year the second edition of the World Motor Yoga Day is going online and will be live streamed with bikers participating in this virtual yoga program. To be hosted by seasoned bikers who are yoga masters themselves, the Motoyogis Yogabandhu Prashanth and Sameera Dahiya will be performing specially curated yoga asanas for bikers as they also celebrate their passion on June 21st as the Wold Motorcycle Day.

This year the Big Biking Commune is also releasing a special booklet 'Yoga for Bikers' which compiles 18 yoga asanas specially curated for the bikers to help them enjoy a healthy motorcycling life. While bikers ride their way with passion there are times when it takes a toll on their overall health and fitness. Bikers tend to develop back aches, muscles spasms and shoulder pain. While some make it a point to be fit and healthy, there can be few who miss out on their fitness journeys and so Yoga is one way through which people can stay hale and healthy. With great fitness come long rides!

CELEBRATING MOTO YOGA DAY JUNE 21st 2020

Website: Buziness Bytes

Link : <https://www.buzinessbytes.com/lifestyle/celebrating-moto-yoga-day-june-21st-2020/>

Celebrating Moto Yoga Day – June 21st 2020

by News Desk — June 18, 2020 in Lifestyle



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CELEBRATING MOTO YOGA DAY JUNE 21st 2020

Website: Daily hunt

Link : <https://m.dailyhunt.in/news/india/english/news+patrolling-e-paper-newspatr/celebrating+moto+yoga+day+june+21+st+2020-newsid-n192097698>

Celebrating Moto Yoga Day - June 21 st 2020



Live to stream of the yoga sessions for bikers

Yoga performed by Motoyogis (Bikers who are Yoga masters)

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CELEBRATING MOTO YOGA DAY JUNE 21st 2020

Website: Glamour Treat

Link : <http://www.glamourtreat.com/2020/06/celebrating-moto-yoga-day-june-21-st.html?m=1>

Wednesday, 17 June 2020

Celebrating Moto Yoga Day - June 21st 2020



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CELEBRATING MOTO YOGA DAY JUNE 21st 2020

Website: Newzopedia

Link : <https://www.newzopedia.com/2020/06/celebrating-moto-yoga-day-june-21-st.html>

Celebrating Moto Yoga Day – June 21 st 2020

Newzpot June 18, 2020



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CELEBRATING MOTO YOGA DAY JUNE 21st 2020

Website: News Heads

Link : <https://www.newsheads.in/lifestyle/news/celebrating-moto-yoga-day-june-21st-2020-article-62007>

Celebrating Moto Yoga Day – June 21st 2020

NH Bureau / Thursday, 18 June 2020 12:52:08 PM



NEWS HEADS

Celebrating Moto Yoga Day – June 21st 2020

New Delhi : World MotoYoga Day by Big Biking Commune is the world's first and unique concept to celebrate June 21st as the International Day of Yoga as well as the World Motorcycle Day; it is bringing together the passion for motorcycling with a balance on the biker health and well-being.

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Website: Maximum Pune

Link : <https://maximumpune.com/celebrating-moto-yoga-day-june-21st-2020/>



Celebrating Moto Yoga Day – June 21st 2020

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CELEBRATING MOTO YOGA DAY JUNE 21st 2020

Website: News Track Live

Link : <https://english.newstracklive.com/news/celebrating-moto-yoga-day--june-21st-2020-sc1-nu293-ta293-1100643-1.html>

Celebrating Moto Yoga Day – June 21st 2020

By Keshav Chouhan 📅 Jun 18 2020 07:03 PM 📰 News



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Website: Moto Arc

Link : <https://www.motoarc.com/moto-yoga-day-to-be-celebrated-on-june-21/>

Moto Yoga Day to be celebrated on June 21





Sanjay Jadhav · June 19, 2020




CELEBRATING MOTO YOGA DAY JUNE 21st 2020

Website: The Hindu

Link : https://www.thehindu.com.cdn.ampproject.org/v/s/www.thehindu.com/news/cities/bangalore/when-motorcycles-are-meshed-with-yoga/article31872296.ece/amp/?amp_js_v=a3&gsa=1&usqp=mq331AQFKAGwASA%3D#aoh=15926238534138&referrer=https%3A%2F%2Fwww.google.com&tf=From%20%251%24s&share=https%3A%2F%2Fwww.thehindu.com%2Fnews%2Fcities%2Fbangalore%2Fwhen-motorcycles-are-meshed-with-yoga%2Farticle31872296.ece





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CELEBRATING MOTO YOGA DAY JUNE 21st 2020

Website: Hot News Express

Link : <https://hotnewsexpress.com/2020/06/19/celebrating-moto-yoga-day-june-21st-2020-2/>

June 19, 2020 - செபுததி

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Website: B4U Media

Link : <https://www.b4umedia.in/?p=206910>

ENGLISH / FLASH NEWS / TAMILNADU

Motoyoga Day-Pre Event News & Images

June 19, 2020 - by admin



Motoyoga Day-Pre Event News & Images

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