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MotoYoga Day celebrated by Big Biking Commune

A booklet on “Yoga for Bikers” was also unveiled during the event

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

India, 21st June 2020: To mark the occasion of International Yoga Day and World Motorcycle day, Big Biking Commune, one of India's and South East Asia's largest aggregator platform for biking community celebrated the second edition of World Moto Yoga Day. The live streamed virtual yoga program for bikers was hosted by seasoned bikers who are yoga masters themselves. The Motoyogis Yogabandhu Prashanth and Sameera Dahiya performed specially curated yoga asanas for bikers as they celebrated their passion for Yoga and Biking.

This year the Big Biking Commune also released a special booklet 'Yoga for Bikers' which compiles 18 yoga asanas specially curated for the bikers to help them enjoy a healthy motorcycling life. The book was released by Mr Sanjay Shreevats, Regional Director, Ministry of Tourism, Govt of India.

While bikers ride their way with passion there are times when it takes a toll on their overall health and fitness. 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!

Speaking about the event, Arun Kumar , Convener , Big Biking Commune said “ Last year, we had our first edition of Motoyoga where we had gathered bikers from the city to perform yoga under supervision of yoga instructors. This year too we wanted to observe this day and reach out to bikers across India through our social media platform. We had 6 live sessions spanning over 2 weeks where Motoyogis performed specific asanas for bikers. We would like to thank Incredible India, India Tourism –Chennai, Carbanodo and several biking clubs across the country for making this initiative a great success. There was an overwhelming response from the bikers across India for the sessions and we believe this has helped the community at large.”

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The live sessions reached around 5000 bikers and as part of the program, a contest was also held where bikers from across 20 cities took part and won exciting prizes.

About Big Biking Commune

The Big Biking Commune is the largest aggregator platform in the motorcycling community in India and South East Asia, an amalgam spread across the touring, cruising, off-roading, adventure & Motorsports category.

Big Biking Commune has emerged as the largest, strongest and the most trusted network of motorcycle riders across these regions bonding them under a single umbrella platform. The Big Biking Commune network is spread across over 1500 motorcycle clubs touching over 25000 passionate bikers.

This platform brings together passionate bikers, motorcycles brands, riding clubs, accessories and gears and all related products and services under a single roof. The Big Biking Commune, creates and curates experiences for the community to celebrate being a biker and to network and learn from experienced bikers in the commune to discovering new bikes, biking routes, biking buddies and riding and celebrating the essence of being a biker.

Website-<http://bigbikingcommune.com/> |  <https://www.facebook.com/Bbikingcommune/>

 <https://www.instagram.com/bigbikingcommune/?hl=en>