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Celebrating Moto Yoga Day – June 21st 2020

- 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!

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 online platform. The current lockdown situation can be utilized by bikers to keep themselves physically fit and have a stress free mind. We are also launching a booklet that has a compilation of different asanas for bikers. We believe this will help the large biker community in India and the world. “

The live sessions can be viewed at - <https://www.instagram.com/bigbikingcommune/?hl=en>

Date- 21st June 2020 | Time- 9 am to 10 am

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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>