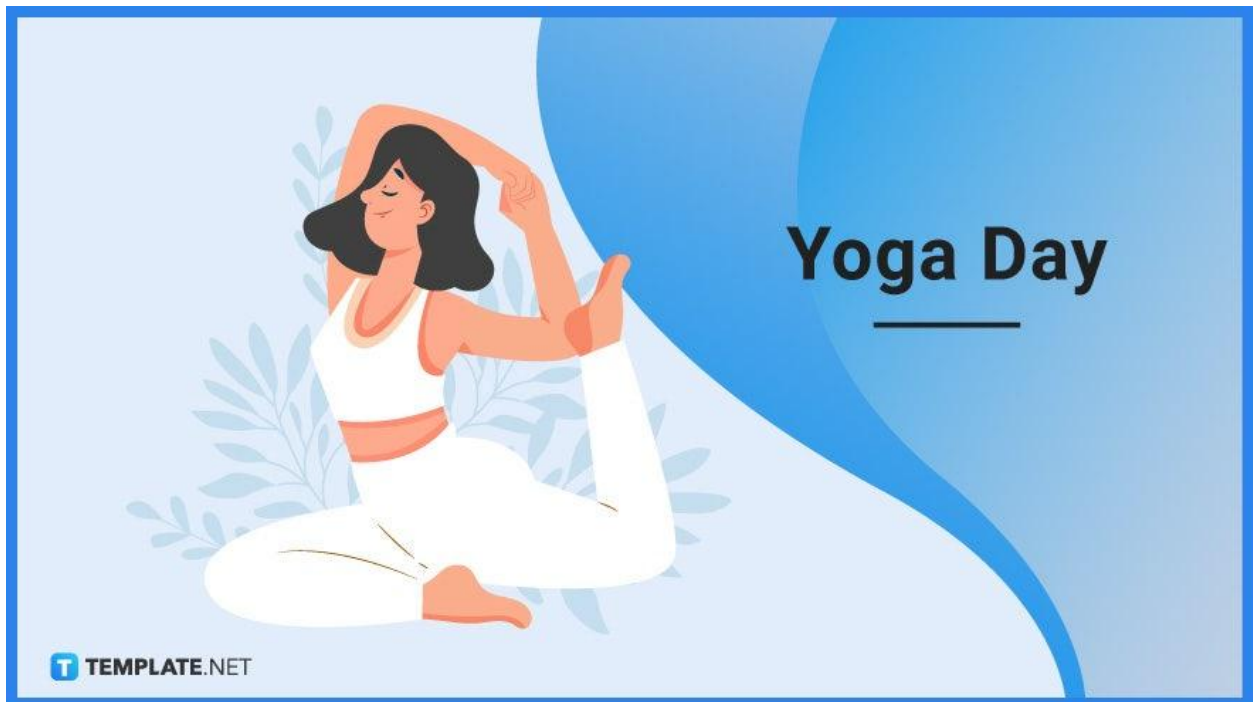


# Yoga Day

International Yoga Day is a significant celebration for fitness, sports, and healthy lifestyle enthusiasts, especially for yoga practitioners. This year's Yoga Day is fast approaching, so whether you're into yoga or not, now would be a good time to talk about this annual event, including its meaning, history, and importance.



## Yoga Day Definition & Meaning

Yoga Day is a yearly event that celebrates the spiritual, mental, and physical wellness benefits of yoga.

Yoga Day is an international event celebrated by yoga practitioners around the world to appreciate the peace of mind, body, and soul that the ancient workout routine provides.

## When Is Yoga Day?

Yoga Day is observed every year on June 21. It was the United Nations that proclaimed June 21 as International Yoga Day because it's the longest day of the year and is deemed as a significant day across some parts of the Earth. Fun fact: Summer Solstice also happens on June 21 or sometimes on the day before or after.

## **Yoga Day Purpose, Importance**

Yoga Day is considered a special and sacred day by some people. Such people see yoga as a bridge to reconnect with the flow of nature and be one with it, both body and mind. That said, it's highly encouraged that one acknowledges the purpose of Yoga Day as a yearly event. Without further ado, let's discuss the importance of Yoga Day.

### **Raise Awareness of the Benefits of Yoga**

Among the reasons Yoga Day was proclaimed is to raise awareness of the health and mental benefits of yoga. Most people are familiar with yoga as a workout but not many are aware of its core benefits. The more people know about the benefits, the more people will likely try yoga.

### **Invite Others to Start Doing Yoga**

On Yoga Day, yoga instructors and yoga enthusiasts will try to invite their friends to try the exercise and encourage them to make it a part of their lifestyle. Others will share posts on social media about how yoga can help one's daily life and relationship with nature as a way of encouragement.

### **Appreciate Yoga's Existence and History**

Yoga is considered a gift because of the wonders it brings in balancing aspects of one's mind, body, and soul. So on Yoga Day, those who practice yoga acknowledge its history dating back to 5,000 years ago in Northern India. As a way of gratitude, some yoga practitioners organize hours-long yoga sessions together with their peers.

### **What's In Yoga Day?**

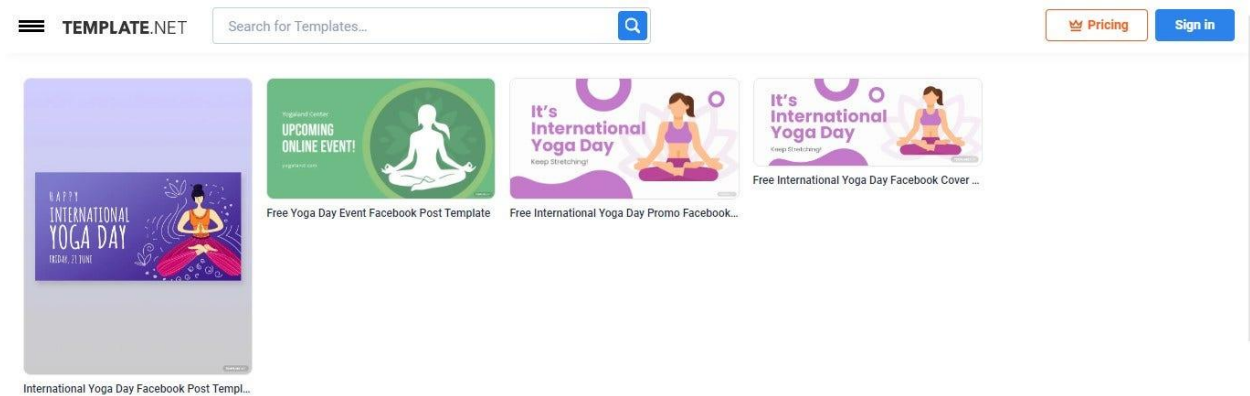
As mentioned, Yoga Day is a celebration of yoga along with its history. During this occasion, many yoga studios will conduct yoga sessions, invite people to start yoga, and share knowledge about the benefits it offers. Some national public schools and high schools will also organize yoga activities for their students as a way of promoting healthy living and mental well-being to the youth.

### **How to Create a Yoga Day Social Media Post**

If you want to share awareness about Yoga Day and be a part of the celebration, you can do so on social media. For that reason, we'll share with you our short guide to creating a Yoga Day social media post.

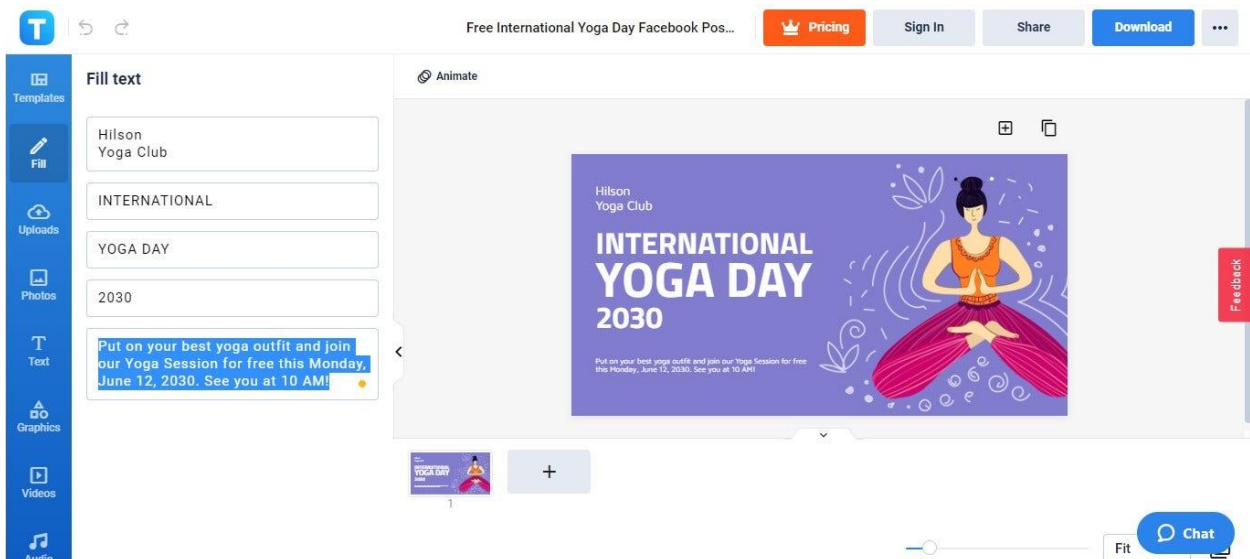
## Facebook

1. Choose a [Yoga Day Facebook Post Template](#).



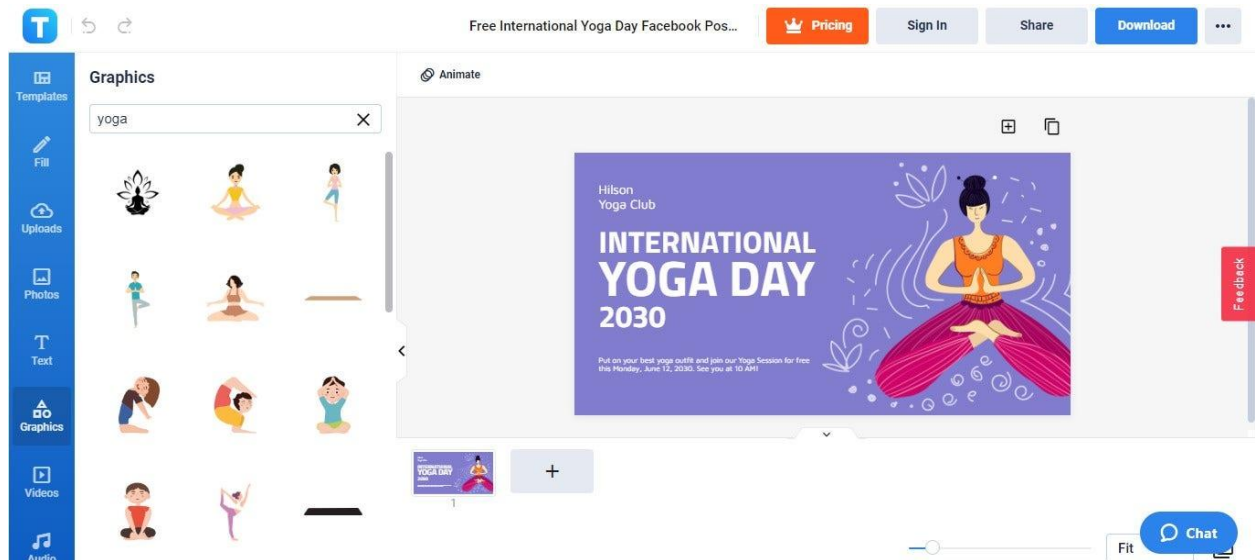
Have a look at our list of [International Yoga Day templates](#) for Facebook. Click on the template of your choice and start customizing it using our free Editor tool.

2. Input your custom Yoga Day message.



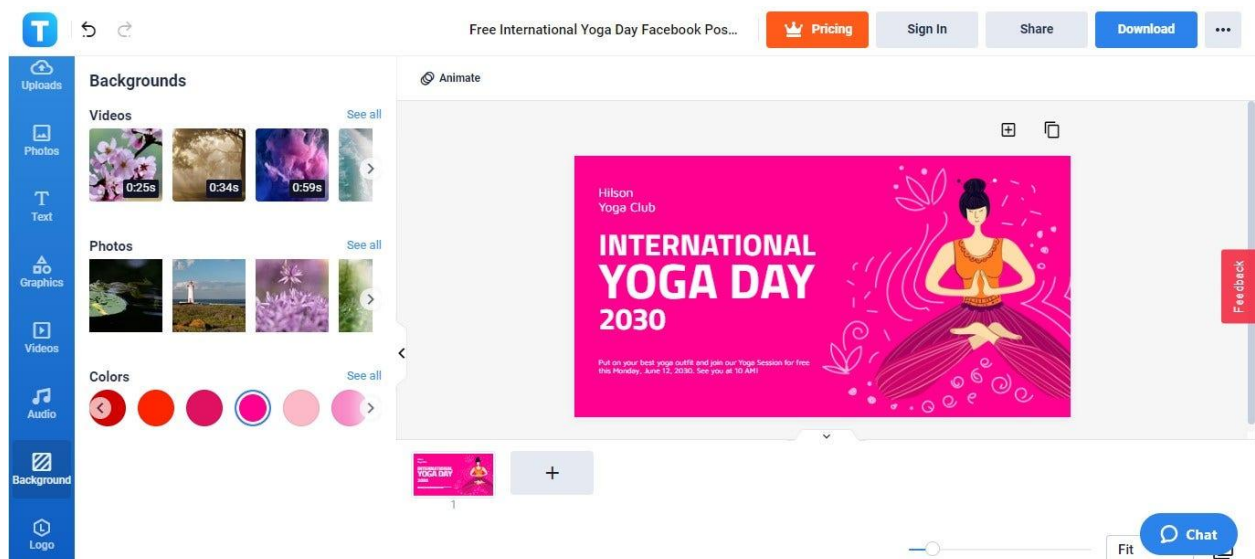
To put your Yoga Day message on the template, go to the Fill Panel and encode them inside the Fill Text boxes. You can also include the name of your yoga studio or organization if you're part of one.

### 3. Add more Yoga-themed graphic designs.



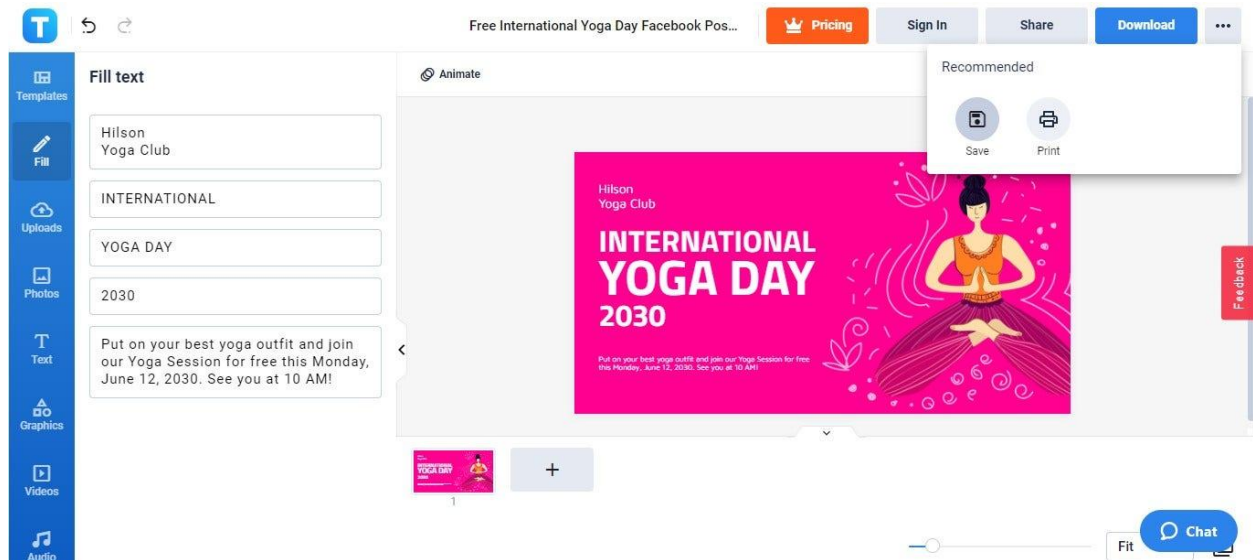
If you want to add more graphic designs with themes of yoga, by all means, do so. Head to the Graphics panel and type “yoga” on the search bar. You’ll have plenty of options to choose from. Simply click and drag a graphic to the template.

### 4. Change the color of the background.



If you want, you can change your template's background color. Open the Background panel and choose any color you like under the Colors section. You can choose pink, blue, purple, etc. Make sure to use a color that doesn't overshadow the text.

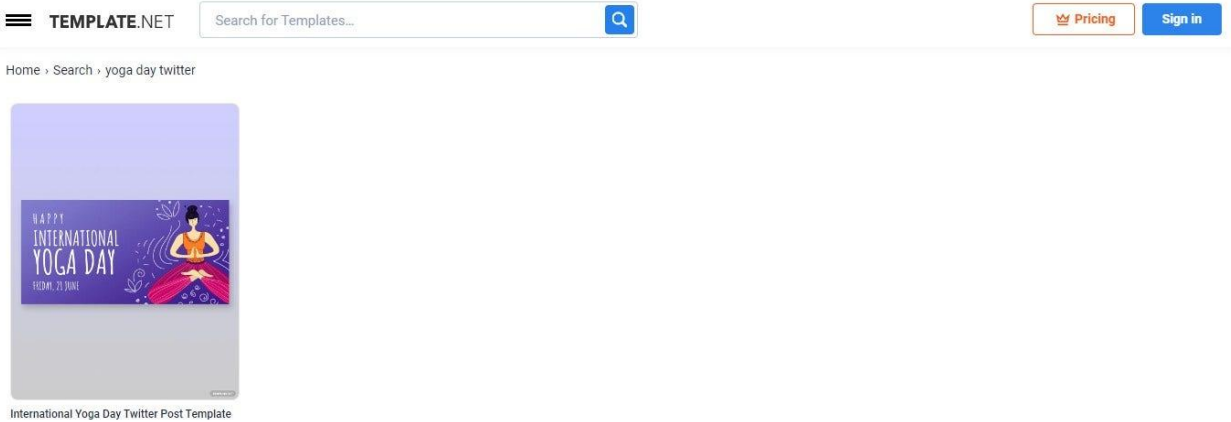
## 5. Save your Yoga Facebook post template.



If you see that your template is already good enough, click the three-dotted icon in the upper right corner and select Save. This saves all the customizations you made on your template. Keep it and upload it to Facebook on Yoga Day.

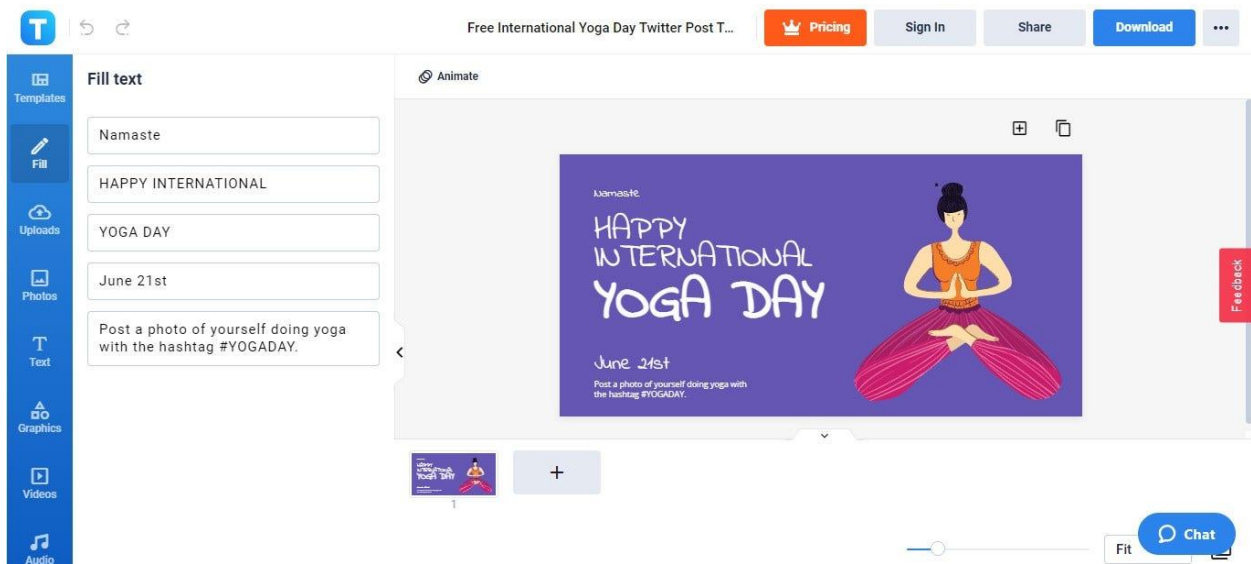
## Twitter

1. Use our [International Yoga Day Twitter Post Template](#).



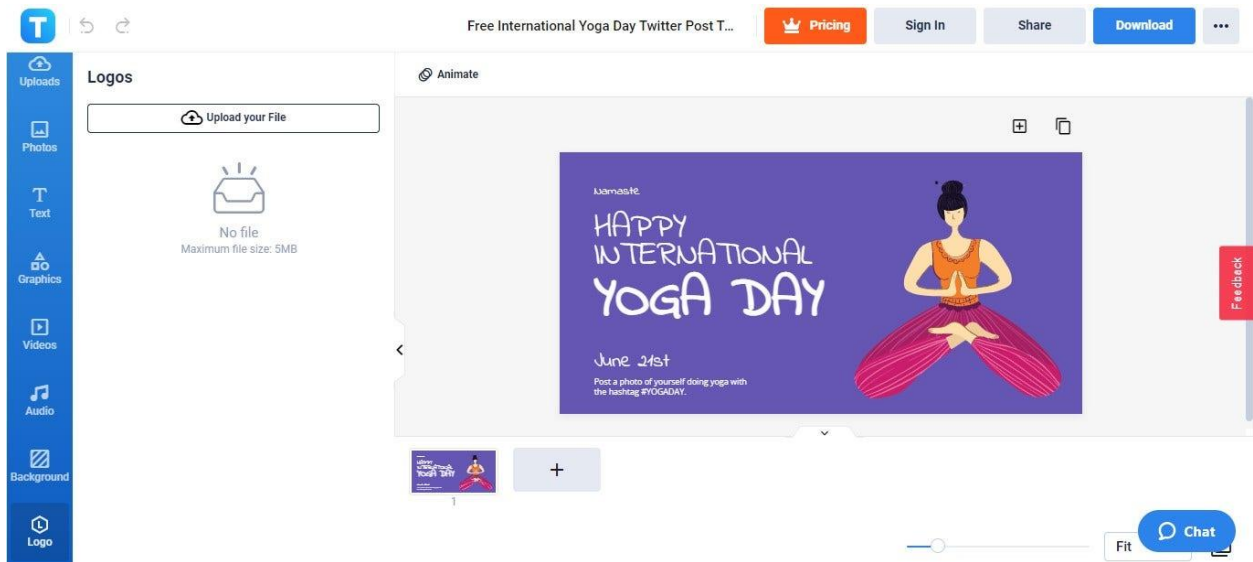
Grab our International Yoga Day Twitter post template. Click it and start adding your personal touch to it using our Editor tool.

## 2. Encode your Yoga Day greeting.



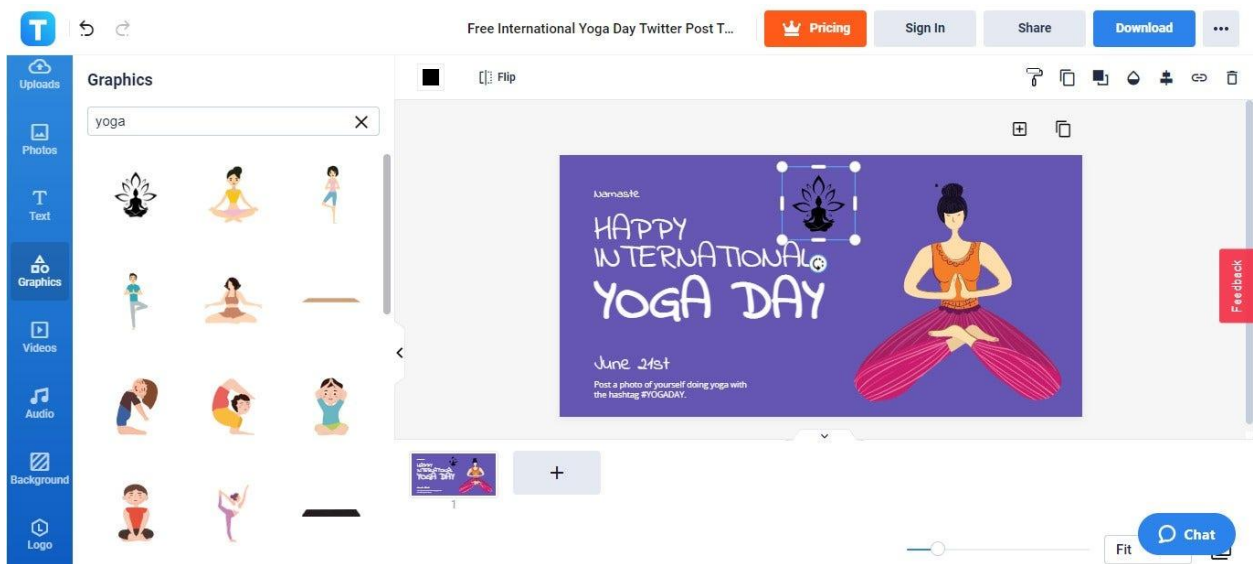
The template already has the “Happy International Yoga Day” greeting, but you can change it to your own if you want. Just go to the Fill panel and customize the text inside the Fill Text boxes.

## 3. Attach your yoga studio logo.



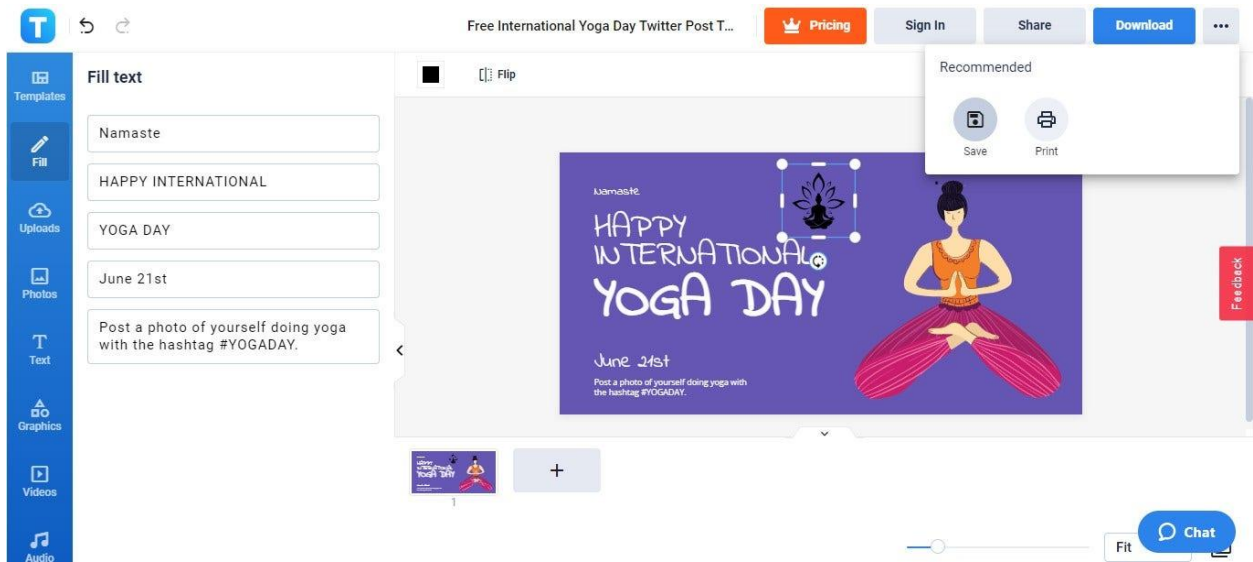
If you own or work for a yoga studio, you can let your template represent it by attaching its logo. Go to the Logo panel and upload an image file of your official yoga studio logo.

#### 4. Insert more yoga graphic designs.



More yoga graphic designs and cartoon clipart are available in the Graphics panel. Type “yoga” on the search bar and click and drag a graphic of your choice.

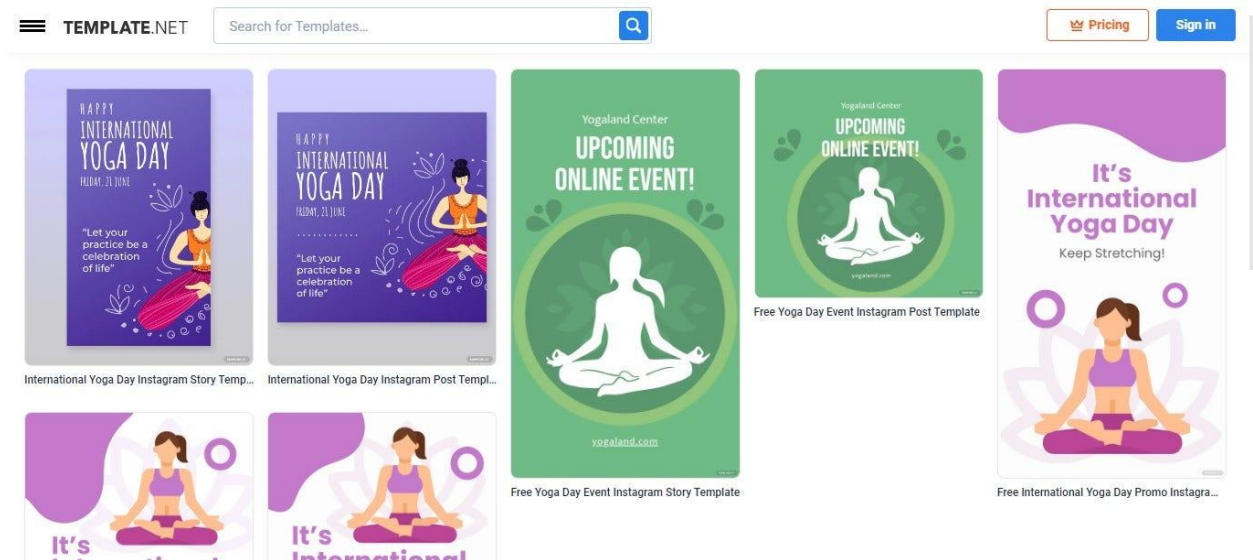
#### 5. Save your completed Yoga Day Twitter post.



Once you're done customizing, make sure to save your completed Yoga Day Twitter post. Keep it for the meantime and when Yoga Day arrives, upload it to Twitter.

## Instagram

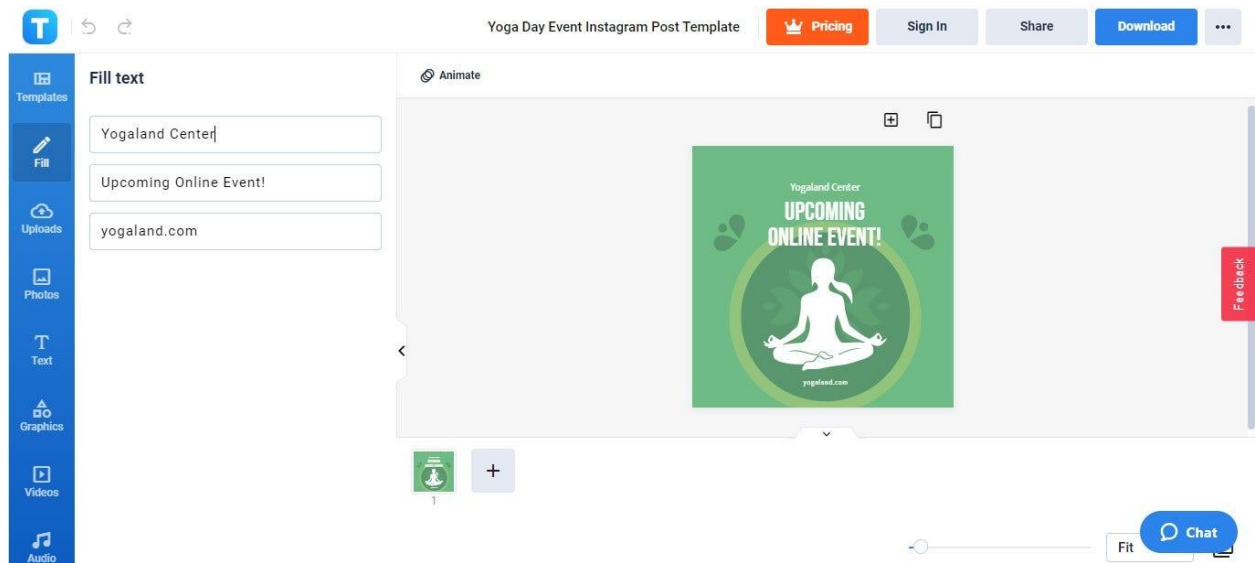
1. Select a [Yoga Day Instagram Post Template](#).



Check out our Yoga Day Instagram post templates and click the template of your choice. Each of them was designed to look beautiful and Instagrammable. Start customizing your selected template using our Editor tool.

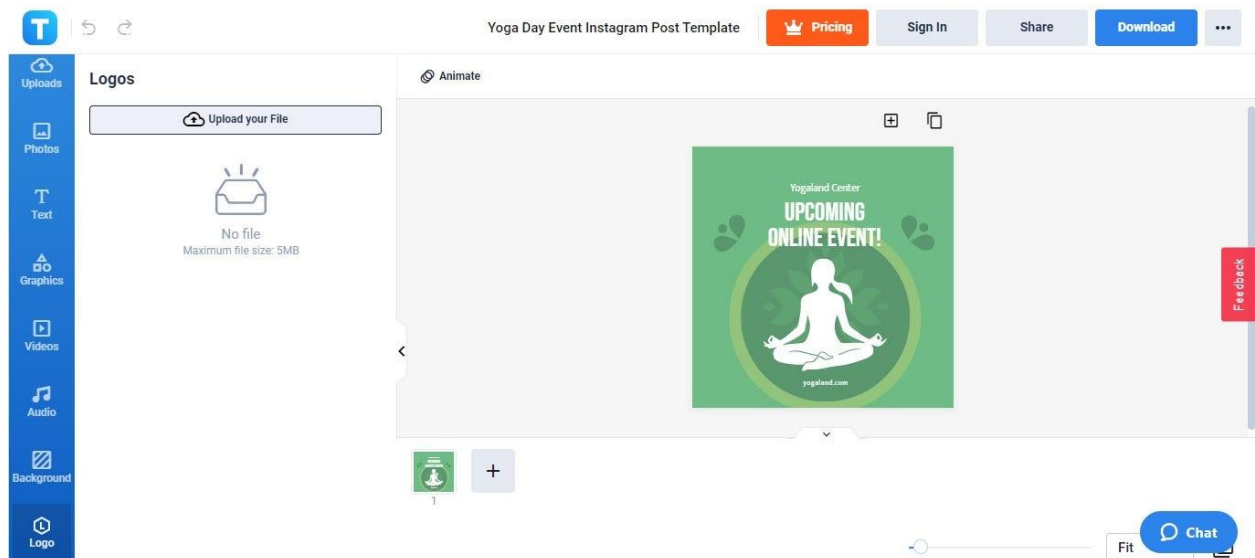


## 2. Customize the template's text.



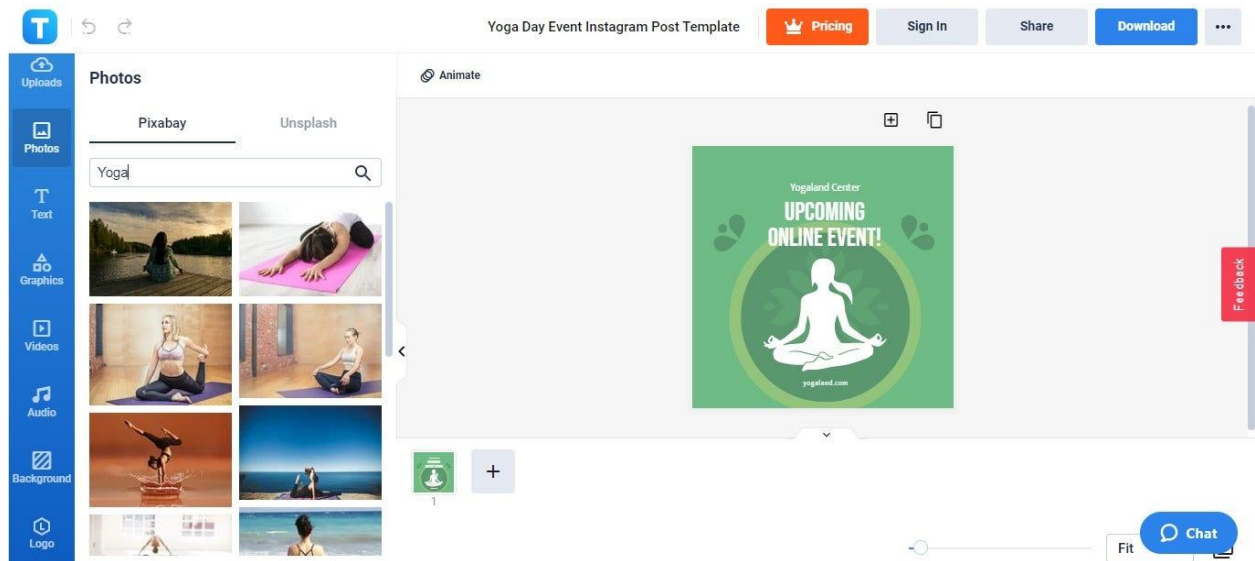
Head to the Fill panel to customize the text of the template. Inside the Fill Text boxes, you can input the name of your yoga studio, yoga slogan, Happy Yoga Day wishes, yoga day quotes, and Yoga Day announcements.

## 3. Upload your yoga studio logo.



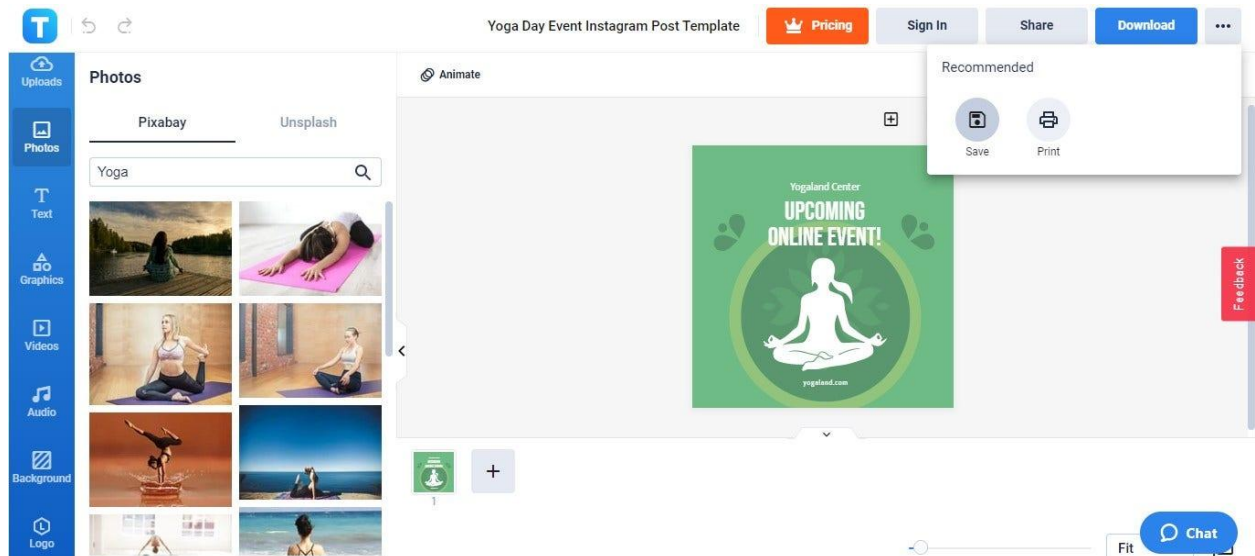
To claim true ownership of your Yoga Day post template, you can upload and attach your yoga studio logo. Head to the Logo panel below Background. Upload an image file of your logo with a file size of 5MB or less. Place the logo on the heading part of the post.

#### 4. Add yoga photos.



If you want to add yoga photos to the template, you're free to do so. Open the Photos panel and type Yoga on the Pixabay or Unsplash search bar. Simply click and drag your chosen yoga photo to the template.

#### 5. Save your finished Yoga Day Instagram post.



After finalizing everything, make sure to save your finished Yoga Day Instagram post. Keep it for now and proudly upload it to Instagram on June 21, the official International Yoga Day.

## Yoga Day vs. Fitness

Yoga Day is an international event that yoga enthusiasts around the world celebrate in appreciation of yoga and its various benefits.

Fitness refers to the physical condition of an individual who's healthy and looks athletic.

## Yoga Day Ideas & Examples

Yoga Day can be as fun and exciting as other yearly celebrations such as the [4th of July](#) and [Mother's Day](#). You can prepare your Yoga Day plans ahead of time to ensure you'll have the best experience. Get some much-needed inspiration by checking out our Yoga Day ideas and examples.

### Yoga Day Ideas

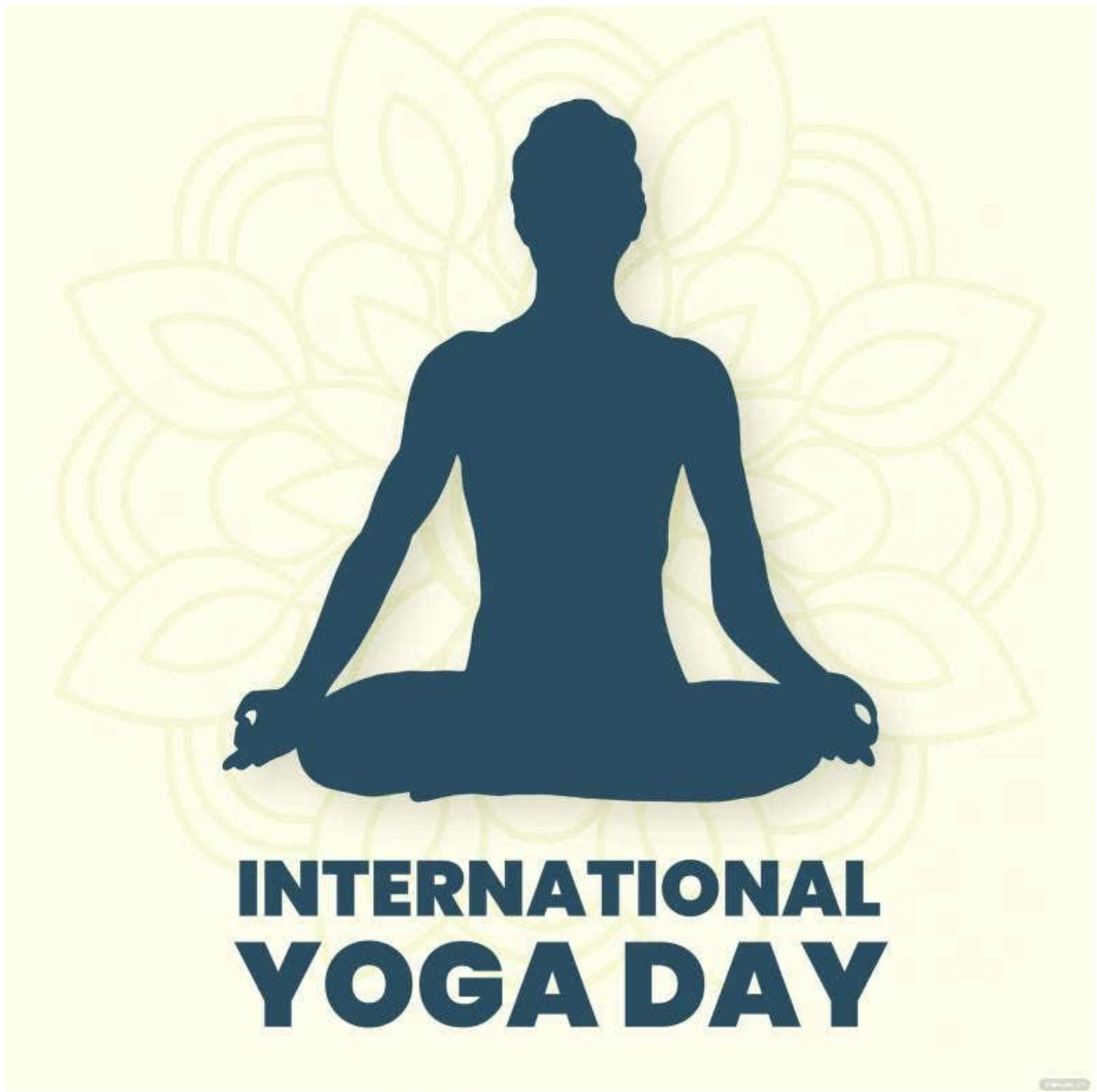
Here's a list of activities you can do to have a good time on Yoga Day:

- Shop for comfortable yoga mats and other yoga supplies.
- Learn the different yoga asanas and poses.
- Join in yoga challenge events.
- Go on a yoga meditation summer retreat.
- Enroll in yoga lessons for beginners.
- Do partner yoga with your best friend or girlfriend/boyfriend.
- Watch and follow yoga instructional videos on YouTube.
- Have yoga sessions with your kids.
- Eat healthy foods such as vegetables and fruits.
- Create a healthy diet plan and stick with it.

### Yoga Day Examples

Check out these amazing Yoga Day examples and use them as references to craft your own Yoga Day clipart, posters, and wallpapers.

1. Happy [International Yoga Day Clipart](#)



2. Kids Yoga Pose Clipart



twinkl

### 3. Cartoon Yoga Clipart



4. Office [International Yoga Day Poster](#)

**Ilbane Yoga Studio**



# **INTERNATIONAL YOGA DAY**

JUNE 21, 2054

Enroll in our classes. 10%  
discount on first 20 enrollees.

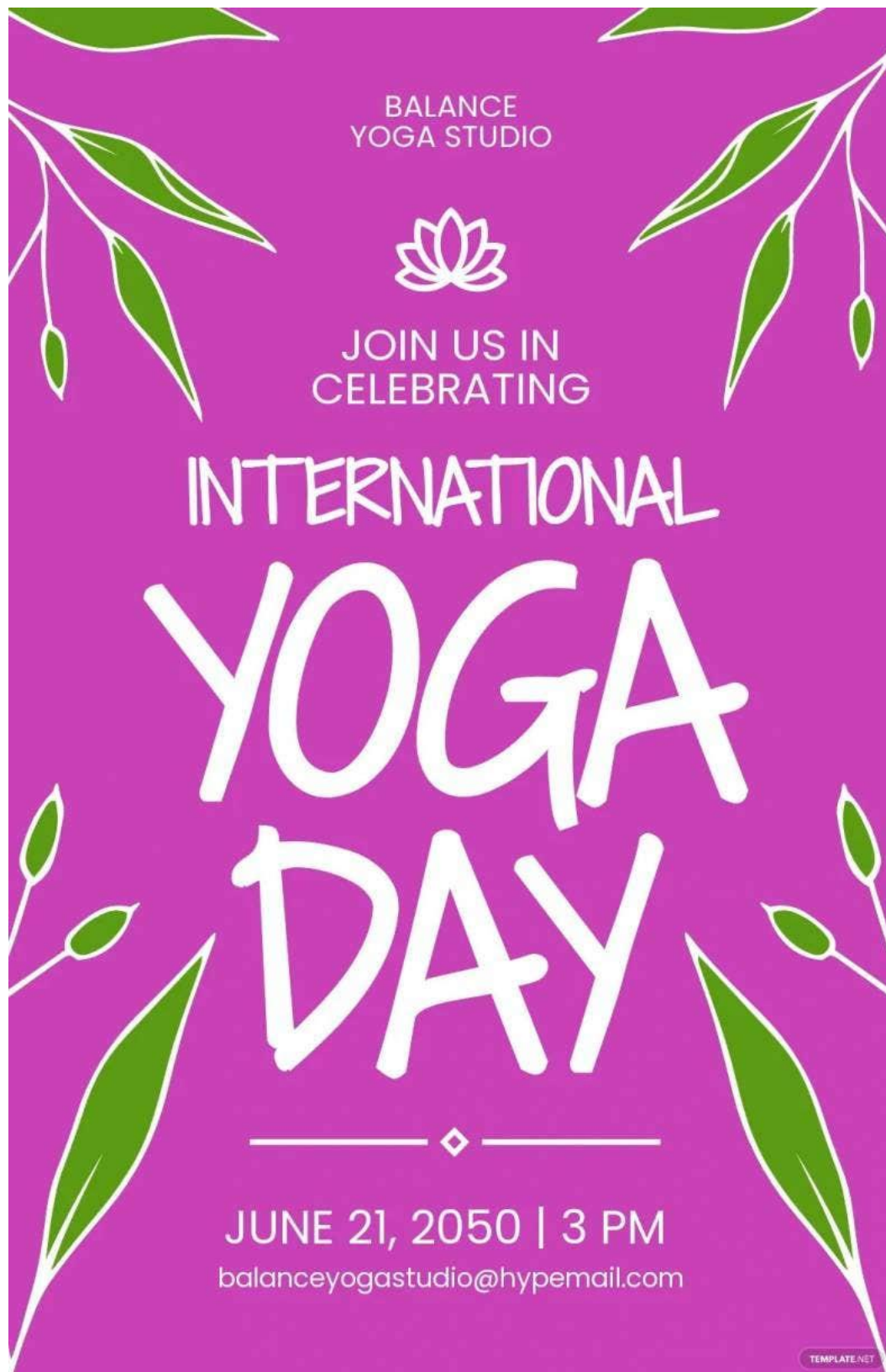
[ilbaneyogastudio.com](http://ilbaneyogastudio.com)

5. Modern International Yoga Day Poster





6. International Yoga Day Advertising Poster



7. Happy [International Yoga Day Wallpaper](#)



8. International Yoga Day Desktop Wallpaper



9. Aesthetic International Yoga Day Wallpaper



10. Creative International Yoga Day Wallpaper



**FAQs**

**Why do we celebrate Yoga Day?**

We celebrate Yoga Day to acknowledge the benefits of doing yoga and to encourage other people to start including yoga in their daily routines.

## **When was World Yoga Day started?**

World Yoga Day started on June 21, 2015.

## **What does the logo of Yoga symbolize?**

The logo of Yoga symbolizes unity between an individual's consciousness and the universal consciousness.

## **Who started Yoga Day first?**

The celebration of Yoga Day was first proposed by Narendra Modi, an Indian Prime Minister.

## **What is the true origin of Yoga?**

The earliest concepts and practices of Yoga can be traced back 5,000 years ago in Northern India.

## **What is the theme for Yoga Day?**

The theme for Yoga Day 2022 is "Yoga for Humanity."

## **What is the lotus symbol in Yoga?**

The lotus symbol in Yoga represents spiritual awakening and soul expansion.

## **Who launched the logo of International Yoga Day?**

The International Yoga Day logo was launched by Panchtatva Advertising.

## **What is the reason for Yoga Day?**

The reason for Yoga Day is to encourage others to start doing yoga and to spread awareness of its benefits.

## **What are facts about Yoga Day?**

Yoga Day usually happens on the same day as the Summer Solstice and was proposed by Narendra Modi.

## **What special thing can we do on Yoga Day?**

One special thing you can do on Yoga Day is to start learning Yoga and add it to your daily routine.

## **How do you explain Yoga to a child?**

You can explain to a child that Yoga is an ancient exercise that strengthens not just the body but also the mind and soul.

## **What is a smart goal for fitness?**

A smart goal to achieve fitness would be to exercise regularly and follow a balanced diet plan.