

June 18, 2015

Message

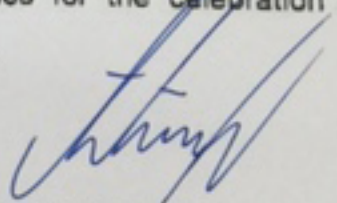
I am delighted and honoured to convey my personal message to the people of Oman on the auspicious occasion of first 'International Day of Yoga' celebrations on 21st June , 2015.

I strongly believe in fitness which is the foundation of healthy body and mind. Yoga embodies unity of mind, body, thought and action, restraint and fulfillment, harmony between man and nature, a holistic approach to health and better life.

While more and more people throughout the globe are resorting to some form of yoga, let us all make it grow more for internal well-being.

I call upon people of all ages to adopt some form of yoga exercises in their daily life for good health and well being. I am sure a little change in our lifestyle can help us deal with many challenges in life. Let us all work towards making the first 'International Day of Yoga' a grand success in Oman.

I would like to convey my best wishes for the celebration of International Day of Yoga on 21st June, 2015.



Ali Abdullah Harib Al-Habsi
(Captain-Oman National Football Team)