

WFWP Fiji Celebrates UN International Yoga Day 2020 to enrich spiritual lives

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People around the globe have battled with the difficult and disastrous consequences of COVID- 19, highlighting the important of health and wellness. This new consciousness inspired WFWP Fiji to celebrate the UN International Yoga Day 2020.

The purpose of this event was to help enhance not only physical and mental health, but to provide participants with an opportunity to enrich their spiritual lives and learn more about stress management strategies that could help counteract the effects of the global pandemic.

To celebrate the event, they also invited Dr. Krupati Rathod Tappoo and members of her team. Dr. Tappoo is the founder of Sai Prema Foundation of Fiji. Sai Prema Foundation is an NGO that focuses on providing medical assistance to the underprivileged people of Fiji.

Ms. Ilana Burgess volunteered as the yoga instructor for the event, as she has a wealth of experience in teaching holistic yoga. Having organized several workshops and courses in the past, Ms. Burgess was able to lead participants into feeling more open and flexible as they put her principles into practice.

