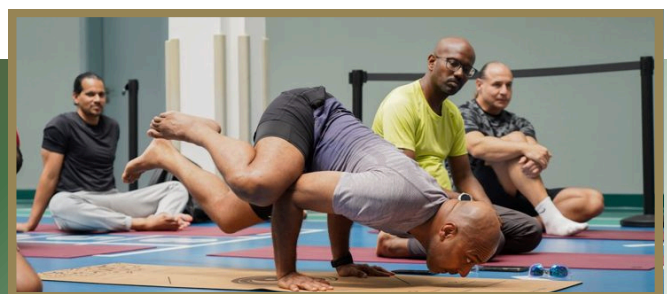


### Yogasana Committee UAE: Pioneering a New Era of Yogasana Excellence

The Yogasana Federation UAE has set a remarkable benchmark in promoting structured Yogasana as a sport across the country. Through a visionary training module, the foundation has successfully trained over 15 certified judges and referees, launched talent identification camps across schools and yoga centers, and organized the first-ever UAE National Yogasana Championship with 100+ young participants. These initiatives have not only professionalized Yogasana in the region but also empowered youth, coaches, and officials to be part of an internationally recognized movement, positioning the UAE as a rising hub for Yogasana sports & development.







اتحاد الإمارات  
للرياضة للجميع  
UAE SPORTS FOR ALL  
FEDERATION



UAE YOGA  
committee

# THE UAE YOGASANA NEWSLETTER



From grassroots engagements to official recognitions, the Yogasana Federation UAE, under the remarkable leadership of pioneers like Mr. Ahmed Ibrahim, continues to shape the future of Yogic wellness and sports in the region. These powerful images reflect a journey of impact: training workshops in Fujairah supported by Dubai Sports TV, senior wellness programs in local communities, milestone recognitions by the General Authority of Sports, and landmark achievements like the Guinness World Record yoga session at Zabeel Park. With every initiative, the foundation reinforces its mission, to integrate traditional yoga into modern, inclusive platforms that touch all segments of society, from youth to elders, and from local communities to global recognition. key initiatives in with Lyś Yoga, such as community-wide Yoga Marathons, school-based wellness activations, and several Futuristic projects aimed at promoting Yogasana across the UAE.





## ABOUT THIS NEWSLETTER

... the first edition of our Dubai Yogasana Newsletter !

Our community is more than just a place to live, it's a hub for health, happiness, and togetherness. From our facilities to the Yogasana sports and lifestyle, we are committed to enhancing your well-being every day.



this newsletter captures the pulse of Dubai's growing Yogasana movement, each edition highlights key milestones and upcoming initiatives shaping the future of yogasanain the UAE. . Together, let's continue building a vibrant, healthy, and happy community!

Wishing you all the best! “

### Ahmed Ibrahim Musabih

Board Member DSC and President of UAE YOGA Committee,  
Vice President of the Asian Yogasana Federation.



وزارة الرياضة  
MINISTRY OF SPORTS

# IYD 2025

## A NATIONWIDE YOGA MOVEMENT!

**50,000**  
PARTICIPANTS

**56+** ICONIC  
LOCATIONS



PROUDLY LED BY THE UAE YOGA COMMITTEE, THIS IS MORE THAN AN EVENT - IT'S A MOVEMENT OF BALANCE, HARMONY, AND NATIONAL UNITY.

#IYD2025 #UAEYogaCommittee #YogaForAll #TogetherinWellness  
#YogaUnitesUAE



# ASIAN YOGASANA CHAMPIONSHIP – UAE 2025

As part of the UAE's commitment to developing modern sports and enhancing its presence on the international stage, the Emirate of Fujairah will host the Asian Yogasana Championship 2025, with broad participation from elite athletes and specialized centers across Asia.

**What is Yogasana?**

Yogasana is a competitive physical sport inspired by traditional yoga practices. It focuses on performing static postures with precision, stability, and harmony between body, mind, and breath.

Performances are evaluated based on strict athletic criteria including: strength, flexibility, balance, aesthetic presentation, and control.

Promote Yogasana as a modern discipline of performance and balance sports

Empower athletes and centers to showcase their skills in a continental championship

Support cultural and athletic exchange among Asian countries through a sport aligned with values of health, awareness, and development

**Competition Details:**

**Championship Objectives:**

Multiple age categories

Individual and group events

Certified judging panel

Participation from schools and centers across Asia

**Call for Participation:**

The organizing committee invites all specialized centers and sports coaches interested in Yogasana to take part in this exceptional sporting event, which reinforces the UAE's position as a leading hub for international sports events.

**Talent Selection Dates – UAE National Team**

Talented athletes will be selected to join the UAE Yogasana National Team at the Leadership Preparation Center – Dubai, adjacent to Shabab Al Ahli Club, on the following dates:

June 15, 2025

June 22, 2025

July 6, 2025

July 13, 2025

<https://forms.office.com/r/JFCL2EkCUh>



Organized and supervised by:

UAE Ministry of Sports  
Asian Yogasana Federation  
Sports for All Federation  
UAE Yoga Committee

Venue:

Fujairah Sports Complex

Main Event Dates: August 8–10, 2025

Age Categories for Participation:

From 8 to 35 years and above



# UAE YOGASANA MARATHON CIRCUIT

New

## PRIORITIZE YOUR YOGA GOALS !

A community wide Yoga wellness initiative by Yoagsana committee and Lys, running throughout May, June, July , August 2025 across reputed residential buildings in Dubai and Abu Dhabi



Health Checkups  
& Giveaways



Friendly Community Contests  
& To the Moon And Back



The Greatest Loser  
Challenge!



Free Fitness Classes Monthly &  
Big Discounts on Training



Step App: Walk More,  
Earn Rewards

One Vision. Every Building. A Healthier Community.

The Lys and UAE Yoga Committee YOGA Marathon Circuit is more than a wellness program, it's a movement for happier, healthier living across every reputed residential building. Running throughout May, June, July and August 2025, this community-wide initiative brings Yoga awareness straight to where residents live.

With over exposure of Approx. 200,000 residents, the circuit includes:

- Yogasana sessions in all residencial towers
- Interactive Q&A moments with expert instructors, giving residents personalized wellness guidance
- A fun and competitive Step Challenge
- Games, raffles, giveaways, and more! creating joy, movement, and togetherness at every stop

More than just an event, this circuit reflects UAE Yoga Committee's core belief: that Yoga is a right, not a luxury. And that when communities move together, they grow stronger, mentally, physically, and emotionally.

So whether you're stepping onto a mat, dancing by the pool, or simply showing up with curiosity, your building is now a space for well-being.

"Part of the International Yoga day calibration UAE."





# COMMUNITY YOGASANA PROGRAM

COMPREHENSIVE PREMIUM YOGA SOLUTIONS FOR UAE RESIDENTS

New

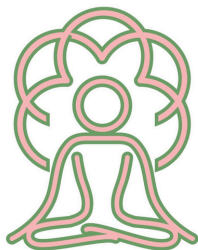
Dubai is a city built on innovation and ambition, but it's also a city that understands the importance of community well-being and human connection. In this spirit, yoga has found a powerful place in the city's vision for the future, not just as an exercise, but as a foundation for balanced, healthy living.

Programs like Yoga Marathon circuit for all premium residents and communities bring this vision to life. By making yoga accessible within communities, these initiatives offer more than a moment of calm, they offer a pathway to a happier, more resilient lifestyle for residents and visitors alike.

The Yogasana Committee UAE has been instrumental in this journey, supporting the integration of yoga not only as a personal practice but as a recognized sports discipline with the power to transform communities. Their backing ensures that yoga becomes a part of everyday life in Dubai, creating spaces where people can gather, breathe, and find support for both body and mind.

From children learning focus and discipline on the mat, to adults discovering stillness after a long day, yoga is nurturing a culture of health and harmony. And as Dubai embraces this movement, it sends a powerful message: that true progress is measured not only by buildings and business, but by the happiness and wellness of its people.

As these programs continue to grow, so too does the promise of a future where every resident can find strength, calm, and community through yoga, and where wellness is not just an aspiration, but a way of life.



**UAE YOGA**  
committee





# The Future Activation: Yogasana in Schools



LyS

Shaping a culture of fitness and emotional intelligence within schools through our dynamic Yogasana in Schools initiative. This project integrates yoga practices into academic environments, fostering a balanced approach to learning and personal growth. We work alongside educators, mental health professionals, and wellness experts to adapt our programs to each school's unique culture, enhancing focus, resilience, and emotional well-being for students and staff alike. As part of our commitment to global wellness, our International Yoga Day awareness campaigns are already on the academic calendar, engaging schools in mindful movement and connection worldwide. By nurturing this balance of mind and body, We empowers the next generation with tools for lifelong wellness and success.



The vision is clear:

Integrate Yogasana into the sporting ecosystem and academic life of Dubai, nurturing the next generation with tools for health, inner calm, and personal growth. With competitions already on the global stage and support from leaders in sports and education, Yogasana promises to elevate Dubai's future as a city of well-rounded, mindful champions.



# Dubai's Visionary Leaders \_ Inspiring Wellness and Growth



"Our wellness journey is inspired by the visionary leadership of the rulers of Dubai, whose dedication to innovation, well-being, and community has transformed this city into a global hub for happiness and health."

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"We are building a new reality for our people, a new future for our children, and a new model of development. Dubai will never settle for anything less than first place."

His Highness Sheikh Mohammed bin Rashid Al Maktoum,  
Vice President and Prime Minister of the UAE and Ruler of Dubai



YOGA & HARMONY

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# UAE YOGASANA

As Dubai's skyline reaches for the stars, so too does its commitment to nurturing well-being in every corner of life. From corporate boardrooms to classroom mats, wellness is no longer an afterthought, it's a defining pillar of growth and innovation. In this spirit, our journey with yoga and mindful living is not just about movement; it's about creating a culture of resilience, empathy, and purpose. Together, we're building more than a wellness community, we're shaping Dubai's future as a global leader in conscious living. Breathe deep, stand tall, and keep flowing.

STAY CONNECTED !



Ly's