

## **MIMC Leads International Yoga Day 2025 Celebrations at Iconic Pangong Lake**

Pangong Lake, Ladakh – June 20, 2025 – As part of week-long celebration of International Yoga Day 2025, Mahabodhi International Meditation Centre (MIMC) organised a yoga event at pangong lake on June 19, 2025.

The high-altitude yoga session drew guests and participants from various parts of the nation, emphasizing the unifying power of yoga amidst nature's grandeur.

The event at Pangong Lake, situated at an elevation of over 13,000 feet, was a highlight of the larger "International Yoga Day" celebration. It is being organized in joint coordination with the Ministry of Ayush, UT Administration of Ladakh, and LAHDC Leh.

Participants at Pangong Lake engaged in various yoga asanas and meditation sessions, harnessing the tranquil environment and crisp mountain air to deepen their practice.

The initiative aligns with the International Day of Yoga 2025 theme, "Yoga for One Earth, One Health," promoting holistic well-being and environmental consciousness.



