



**Contact person for press
releases: Fabian Dürr**

Tel.: +49 721 782045-261
Fax: +49 721 782045-999
duerr@karlsruhe-event.de
www.karlsruhe-event.de

Blaze of colours and a zest for life: India Summer Days brings a piece of India to Karlsruhe

Book lectures and workshops on Ayurveda and Yoga now!

With around 12,000 enthusiastic visitors, the premiere of the India Summer Days in Karlsruhe was a complete success last year. A colourful piece of India in the middle of Karlsruhe with its blaze of colours and sounds and dances. The preparations for the second edition in July are already in full swing, as the India Summer Days, which take place on the 14th and 15th of July as part of the pre-FEST week, will bring a piece of India to the Günther-Klotz-Anlage.

In addition to an Indian bazaar, Indian delicacies, a live stage, and numerous other cultural performances, India fans can expect workshops on Ayurveda and Yoga – and these are held by Indian experts.

Topics of the workshops include the activation of self-healing through yoga, the introduction to SOM meditation and Pranayama breathing exercises, meditation with the healing power of music, or insight into the elaborate production of ayurvedic products. Due to the high demand, the workshop programme already starts on Friday evening and extends over the whole weekend. During the workshops and lectures, visitors have the opportunity to book their own personal courses in small groups with Shriguru and Ayurveda legend Balaji També and many other Ayurveda, yoga, and nutrition experts from India. What is different to last year is that the workshops can be booked by the hour. This allows the workshop programme to be even more individually organised for every participant.

Since Wednesday, 18 April, the extensive workshop programme has been online and bookable at www.indiasummerdays.de. You can also find much more information about the individual workshop topics there.

With the motto "Baden-Württemberg meets Maharashtra", the India Summer Days will take place in Karlsruhe on the 14th and 15th of July 2018. The focus is on Maharashtra from the heart of India, the partner region of Baden-Württemberg, with which Karlsruhe has been connected to for years. The India Summer Days take place under the patronage of Prime Minister Winfried Kretschmann.