

FIK AND THE YOGA FESTIVAL

For the fourth year in a row, the Yoga Festival established in the Paris Event Center (Villette district) from 20 till 23 October 2017, has guest has invited FIK to join the event.

This participation was an opportunity for Christine, Bouchra, Thierry and Mathilde to present the nursery project focused on maternal-infant health. As well as FIK's desire to develop its activities in Paris to build bridges between India and France. The Yoga Festival also offered the chance to create a new dynamic for the Association.



Hatha Yoga course given by Christine Louppe.



Our general coordinator Mathilde Lachaud coming into contact with visitors.

With about 10 000 visitors, the festival allowed us to collect various recommendations and proposals to strengthen our actions. Christine Louppe, Yoga teacher and FIK's treasurer, hosted for one hour an Hatha Yoga course to introduce to the public Shri Mahesh skills while explaining the symbolism of his postures.

A newcomer, Rachel Guimbaud, ayurvedic practitioner, accompanied us during two days to share her knowledge and offer personalised advice. We are glad of the implementation of this new partnership with this generous person.

Isabelle Koch, Yoga teacher and author of « Comme un poisson dans l'eau », a book aimed to teach Yoga to children in a fun way, had a lot of success on our stand. Her book remains on sale at FIK for € 20 (please do not hesitate to contact us for any additional information regarding this book). Organic FIK's T-shirts and Sweatshirts were also offered, as well as Yoga mats "Rolls Royes" in natural rubber from our partner YogIn. Our special thanks to its founder, Simona Matta, for her loyalty.

We would also like to thank the Festival organizers and the volunteers who have been with us. Finally, our special thanks extend to to the visitors and the loyals FIK's members who took time to discuss with us. Sharing informations, stories and exchanges will allow the Association to exist and to develop itself.

Namasté !

Bouchra Comte, FIK's volunteer came to support us.

