

FHRAI & HRAWI Embraces Yoga for Wellness with “Yogotsav”

The Federation of Hotel & Restaurant Associations of India (FHRAI) and Hotel and Restaurant Association (Western India) (HRAWI), in collaboration with the Morarji Desai National Institute of Yoga (MDNIY) under the Ministry of Ayush, are set to host “Yogotsav,” a special yoga session in Goa. Part of a nationwide initiative marking the 100-day countdown to International Day of Yoga 2025, the event underscores the hospitality sector’s commitment to wellness and sustainable living.

Scheduled for May 10, 2025, at the Radisson Blu Resort in Cavelossim Beach, Goa, the session runs from 6:30 a.m. to 9:30 a.m. It aims to promote mindfulness, holistic health, and mental well-being among hospitality professionals and wellness enthusiasts. Led by experienced MDNIY yoga practitioners, the session is open to all, emphasizing the transformative power of yoga in personal and professional life.

“This initiative reflects our sector’s dedication to fostering wellness and aligning with national goals,” said Jimmy Shaw, President of HRAWI. He urged establishments to nominate participants and actively engage in the event.

Participants are encouraged to wear comfortable, white attire, bring yoga mats, and immerse themselves in this enriching experience, demonstrating the hospitality industry’s role in promoting a healthier, more balanced lifestyle.