

## **Marriott India Hotels Celebrate International Day of Yoga with 'One Earth, One Health' Theme at Four Points by Sheraton Pune**

Four Points by Sheraton Pune joined the global celebration of International Day of Yoga 2025 with a refreshing and mindful morning yoga session, bringing together in-house guests and hotel associates in the spirit of wellness and unity. The initiative aligned with this year's national theme, "Yoga for One Earth, One Health", supported by the Ministry of Tourism and Ministry of Ayush.

Led by a certified yoga instructor, the session focused on mindfulness, breathing techniques, and gentle asanas to foster inner balance, flexibility, and holistic well-being. The active participation of guests and team members alike reflected the hotel's commitment to fostering a culture of wellness, self-care, and community connection.

"Yoga is more than just a physical practice—it's a path to holistic wellness. By encouraging our guests and associates to participate, we are nurturing not just healthier individuals, but also a more conscious and connected community. This initiative is a small but meaningful step toward aligning hospitality with well-being,"

— Mr. Rohit Srivastava, General Manager, Four Points by Sheraton Pune

This event is part of Marriott International's broader focus on wellness and sustainability, with yoga being celebrated across its properties as a practice that promotes both individual health and collective harmony.

Other Marriott hotels in Pune that also observed International Yoga Day 2025 include:

- The Ritz-Carlton, Pune
- JW Marriott Pune
- The Westin Pune
- Courtyard by Marriott Pune Hinjewadi

Together, these initiatives reflect Marriott's shared vision of building a more balanced, healthy, and mindful world through hospitality.