The 2019 South and Southeast Asia Cultural Week and 2019 Kunming China-India Yoga Conference were held in Kunming, Yunnan province on June 12, 2019. The conference was attended by two yoga masters from India: S Sridharan, principal of the KYM Yoga Academy in India and a member of the National Yoga Institute of Morayjid, New Delhi; and V Srinivasan, executive director of the KYM Yoga Academy in India, an expert in yoga therapy and philosophy.

S Sridharan said that this is his second visit to Kunming. He said that Kunming is a good place for practicing yoga due to its altitude and climate. The environment and air are very good, and the city is becoming a yoga city like Rishikesh in India.

V Srinivasan said that India and China both have a long history and tradition. There are Tai Chi in China and Yoga in India. They can communicate and integrate with each other. The city of Rishikesh in India is famous for its yoga practices. He hopes that Kunming can also become a yoga city like Rishikesh in the future.

The conference was attended by representatives from yoga centers, organizations, and enterprises from China and various countries in the Southeast Asian region. They discussed and compared the traditional Chinese and Indian yoga practices and the influence of the two cultures on health and wellness.

The conference was organized by the Yunnan Provincial Association of TCM, the Yunnan Women's Federation, and the Yunnan Health Department. It was attended by over 100 participants, including government officials, yoga practitioners, and enthusiasts from China and various countries in the Southeast Asian region.