

Yoga

Yoga is good for health. I like doing yoga, it's so much fun. World's yoga day is on 21st June. Yoga is an ancient Indian art. Yoga was invented in 5th and 6th centuries BCE. Yoga was invented by Tirumalia Krishnamacharya. You should do yoga every day. There are many types of asanas. Ex:- Surya Namaskara, Pranayama, Garuda asana.