

WORLD YOGA DAY!

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ABOUT WORLD YOGA DAY

World Yoga Day is on Monday, 21st June, 2021. What is World Yoga Day? It is a day where you do yoga for your well-being as, you are sure to be fit if you do so. But, it is not only on World Yoga Day that we do yoga, but we should do it everyday. Give at least 30 or 10 minutes to do it, and for this, make time for it on your schedule.



WHY I LOVE YOGA

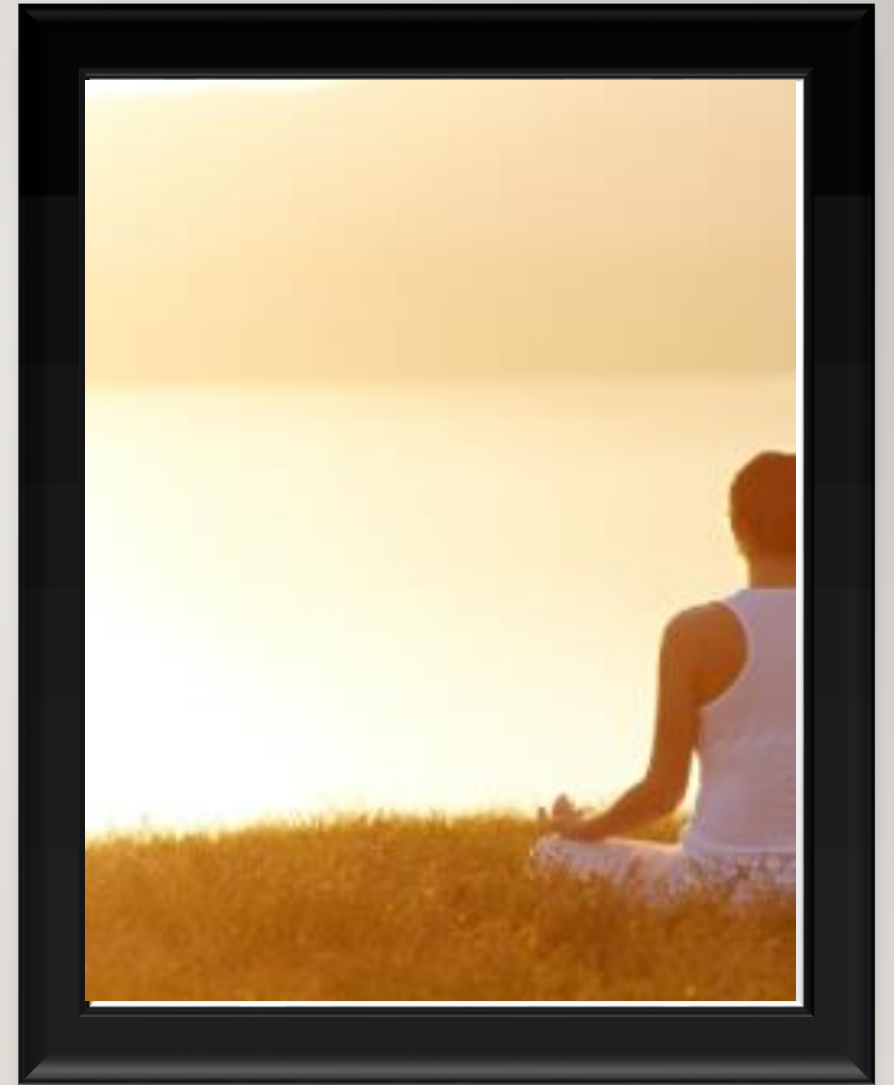
I love yoga because it refreshes the mind and body after stretching out into different positions. I did not realise how much I liked yoga when I learned the 3 things you need for loving and getting good at yoga. They are-

- ✓ A good teacher,
- ✓ Concentration, and
- ✓ Determination



WHY YOGA IS IMPORTANT

Like I already said before, it cleanses the mind and body. Not only that, but it helps you control your mind and body. It also helps you relieve stress. Do you know that saying, A problem told is a problem half solved? Well, it's the same with yoga. You just have to tell it what your problem is, and you'll feel free and stress-relieved. It helps muscle-aches.

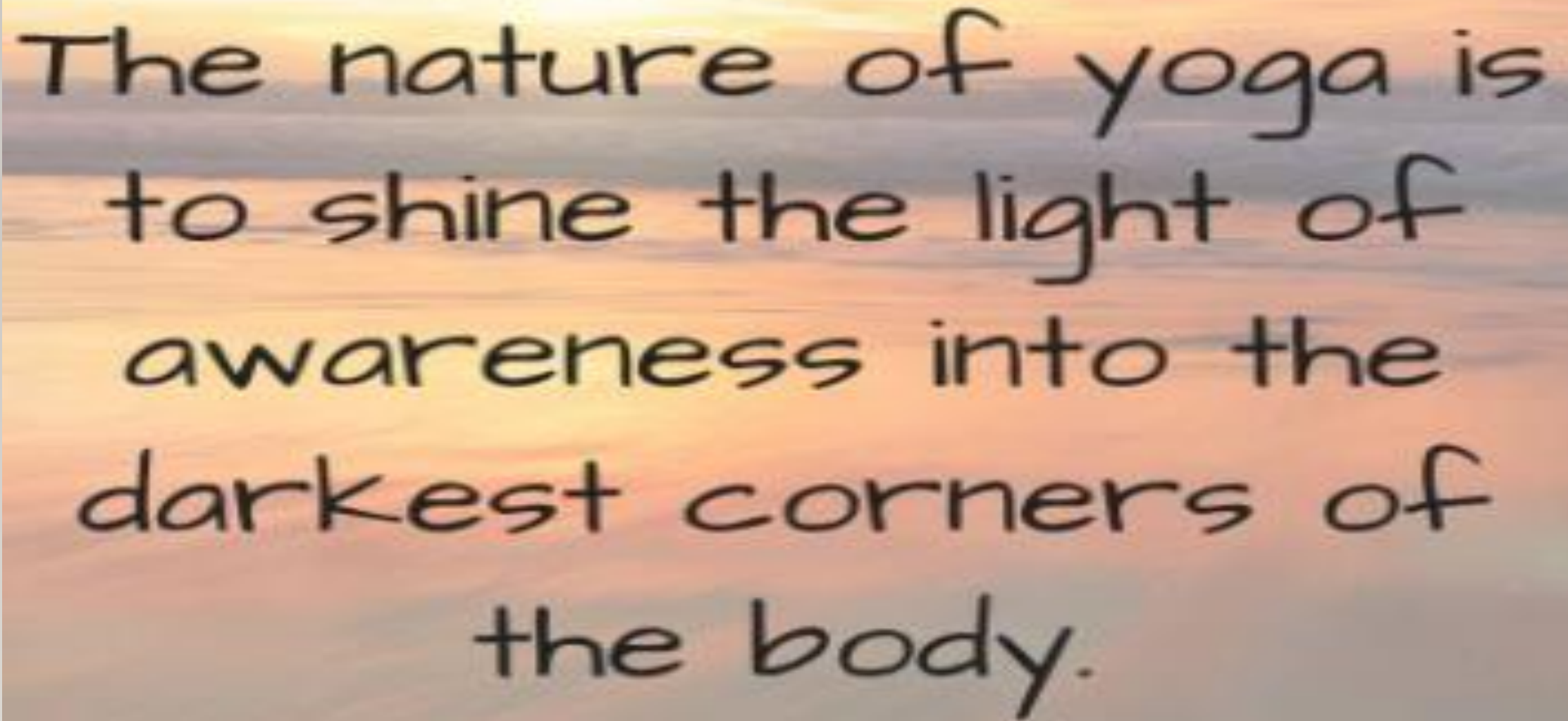


SOME YOGA POSES

Here are some easy-beginner yoga poses (that I like) you can try:

- ✓ Mountain Pose,
- ✓ Plank Pose,
- ✓ Child's Pose (shown in the picture), and,
- ✓ Forward Fold.





The nature of yoga is
to shine the light of
awareness into the
darkest corners of
the body.





*I hope you liked my
presentation on the topic
yoga for the mind and
body and learned a lot
from it! Thank you!*