

YOGA



Hi, my name is Tarini M. I like doing yoga. There are many reasons why I like doing yoga. The first reason is we become flexible and I love to be flexible. The second reason is, it is good for our body and it keeps our body healthy. It also relaxes our mind. We must do yoga every day. Yoga is a physical and a mental practice which is originated in India. We celebrate International Yoga Day on every year on 21st June. There are many asanas in

*yoga. An asana is a body posture. Few asanas:
Ardha Chakrasana or standing backward bend
pose, Trikonasana or triangle pose, etc.*



THANK YOU.