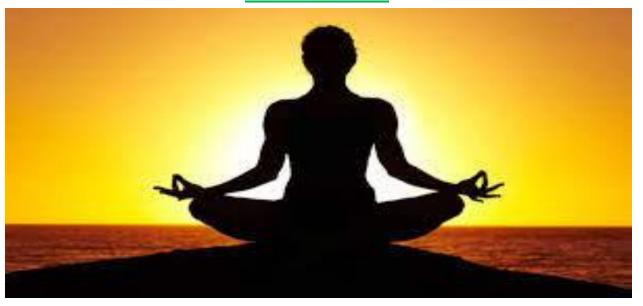
<u>YOGA</u>



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.