

This is Tiya from 6B,
Today I am going to write a paragraph on
Yoga for body and mind. Yoga is helpful to
keep your body and mind relax. If we do yoga
regularly then our body stays fit. It helps in
keeping our mental and physical health
intact. It helps us to connect to
nature. Furthermore, your body becomes
more flexible after consistent yoga
practice and you also develop a
great sense of self-discipline and
self-awareness. In short, it improves
our well being and gives us better
mental clarity. I love to do yoga
everyday and one more important
thing we have to do yoga in the early
morning because if we do yoga in the
a early morning then your body and mind
will be relaxed for full day.

Thank You,