

International Yoga Day





21st June,2022

ENJOY 7 DAYS OF YOGA

DAY 1- TRIKONASANA

BENEFITS OF TRIKONASANA

- 1. REDUSE STRESS
- 2. STIMULATES YOUR ORGAN
- 3. STREACHES AND LENGTHEN YOUR SPINE
- 4. REDUCE STIFNESS IN SPINE





International Yoga Day





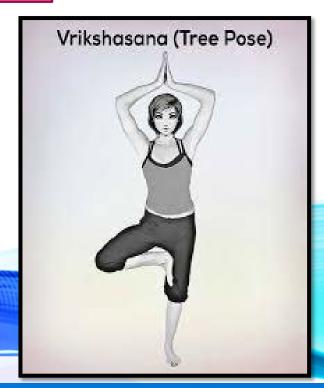
21<mark>st June,2022</mark>

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DAY 2 - VRIKSHASAN

BENEFITS OF VRIKSHASAN

- 1. INCREASES CONCENTRATION
- 2. IMPROVES HEIGHT
- 3. HELP IN BALANCE
- 4. IMPROVE OVERALL BODY POSTURE







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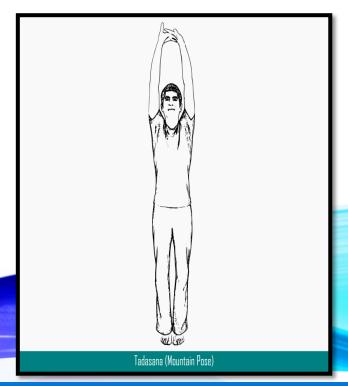
21<mark>st June,2022</mark>

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DAY 3- TADASANA

BENEFITS OF TADASANA

- 1. INCREASES CONCENTRATION
- 2. IMPROVES HEIGHT
- 3. HELP IN BALANCE
- 4. IMPROVE OVERALL BODY POSTURE





N-MANDIR PUBLIC SCHOOL

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DAY 4- BHUJANGASANA

BENEFITS OF BHUJANGASANA

- 1. STRENGTHENS THE SPINE
- 2. STRETCH THE CHEST, LUNGS & **SHOULDERS**
- 3. HELPS RELIEVE STRESS
- 4. STIMULATES ABDOMENAL ORGANS





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DAY 5 - PARVATASANA

BENEFITS OF PARVATASANA

- 1. SPINE &RIBS STRECHED
- 2. IMPROVE BLOOD CIRCULATION
- 3. HELPS RELIEVE STRESS
- 4. BALANCE THE NERVOUS SYSTEM





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DAY 6- VAJRASANA

BENEFITS OF VAJRASANA

- 1. HELP IN DIGESTION THE FOOD
- 2. CONSTIPATION HEALER
- 3. REDUCE OBEYSITY &BACK PAIN
- 4. BODY FLEXIBILTY





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DAY 7- SURYANAMASKAR

