



GYAN MANDIR PUBLIC SCHOOL

International Yoga Day

21st June, 2022

ENJOY 7 DAYS OF YOGA

DAY 1 - TRIKONASANA



BENEFITS OF TRIKONASANA

1. REDUCE STRESS
2. STIMULATES YOUR ORGAN
3. STRETCHES AND LENGTHEN YOUR SPINE
4. REDUCE STIFFNESS IN SPINE





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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

Vrikshasana (Tree Pose)





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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



Tadasana (Mountain Pose)



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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 STRETCHED
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

