



Celebrating

INTERNATIONAL YOGA DAY



PLEASE NOTE:

- Students of Classes 6 to 12 to attend (optional for students of other classes)
- Students to bring Yoga mats, drinking water, packed breakfast
- School Bus facility will be available from all regular points
- Parents are welcome to join the programme
- Dress code for students - Sportswear

Regular classes commence at the usual time

Any changes in the programme will be intimated on
Tuesday, 20th June.

 **21st WEDNESDAY**
JUNE - 2023

REPORTING TIME:
6:45 A.M.

VENUE:
SPORTS GROUND



INTERNATIONAL YOGA DAY



Prayer

Samgacchadhvam samvadadhvam
Sam vo manamsi janatam
Deva bhagam yaatha purve
sanjanana upasate ||



NECK BENDING



SHOULDER MOVEMENT



TRUNK MOVEMENT



KNEE MOVEMENT



TADASANA



VRIKSHASANA



ARDHACHAKRASANA - PADAHASTASANA



TRIKONASANA



DANDASANA - BHADRASANA



VAJRASANA - USHTRASANA



SHASHANKASANA - UTTANAMANDUKASANA



VAKRASANA



MAKARASANA



BHUJANGASANA



SHALABHASANA



SETUBANDHASANA



UTTANAPADASANA



ARDHAHALASANA



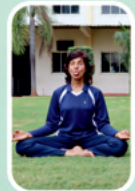
PAVANAMUKTASANA



SHAVASANA



KAPALABHATI
NADISHODHANA



SHITALI



BHRAMARI - DHYANA

Om sarve bhavantu sukhinah sarve santu
nirāmayāḥ sarve bhadraṇi paśhyantu mā
kaścid dukkhabhāg bhavet
Om śāntiḥ śāntiḥ śāntiḥ