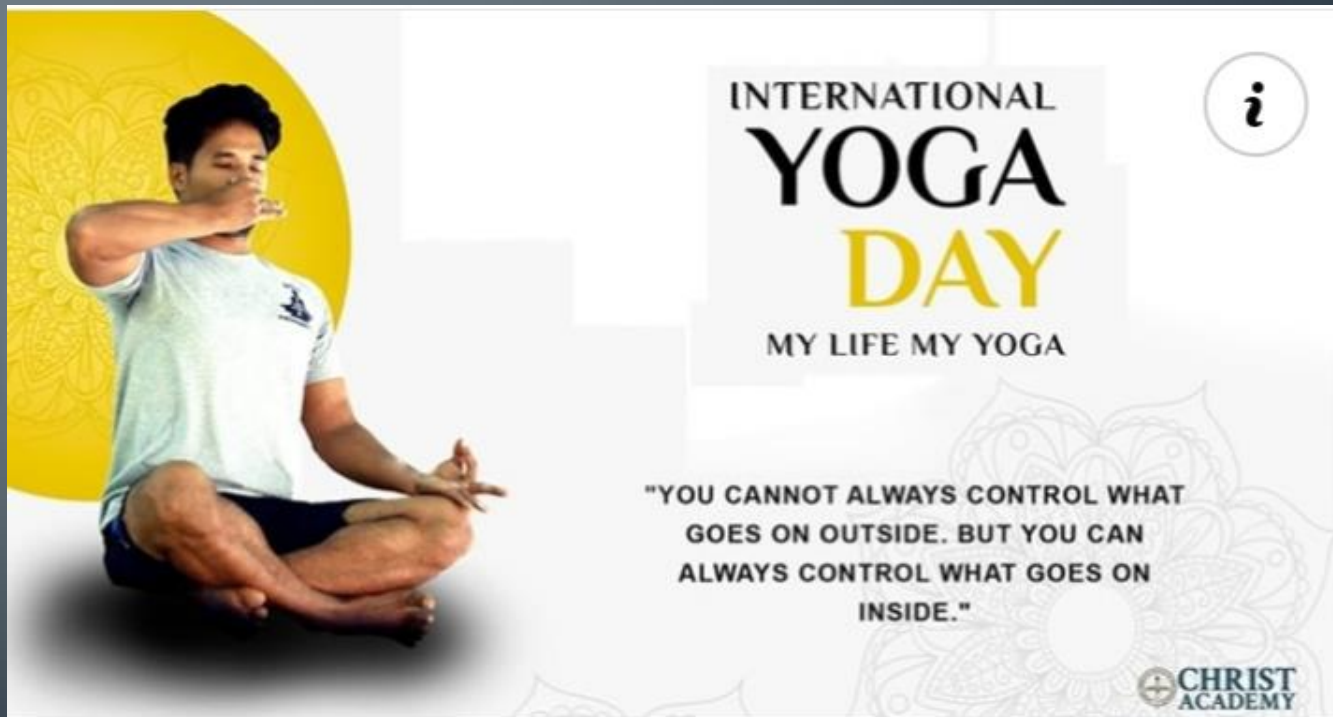
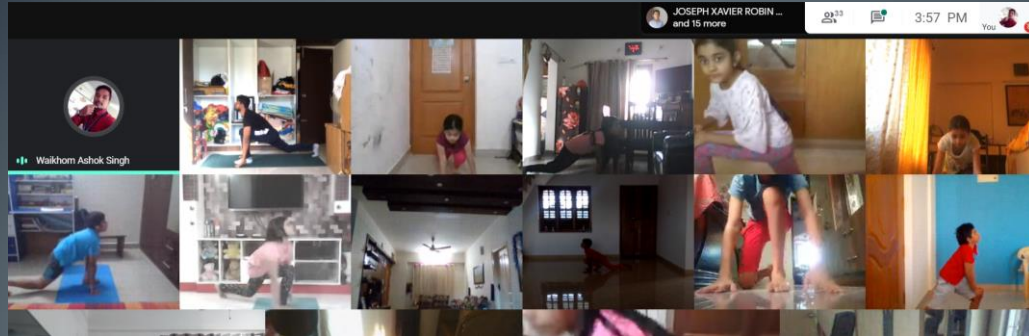


INTERNATIONAL YOGA DAY

Yoga is all about creating a balance in our life. It is about balancing our senses ,balancing our body, soul and mind in order to live healthy and live in peace. The international yoga day was celebrated on 21st June 2020 at Christ academy school. On this day PE teacher's were perform some yoga asana and sending the videos to the students which is also upload in the Christ academy YouTube channel. In the month of June students were taught basic yoga exercise during online PE classes as a part of yoga day.





Virabhadrasana 2

Benefits

- Strengthens your shoulders, arms, legs, ankles and back.
- Opens your hips, chest and lungs.
- Improves focus, balance and stability.
- Encourages good circulation and respiration.
- Stretches your arms, legs, shoulders, neck, belly, groins and ankles.
- Energizes the entire body.

