



## INTERNATIONAL YOGA DAY

**21.06.'23**

Yoga helps to improve flexibility, strength, balance, coordination and overall well-being. To raise awareness about the benefits of yoga and to encourage children to adopt yoga as a way of life, 'International Yoga Day' was observed today. Yoga has a holistic approach to wellness that focuses on the mind, body and spirit. Students practised breathing exercises and performed various yoga asanas.





# VIHAA INTERNATIONAL SCHOOL

