



YOGA FOR SELF AND SOCIETY



'Yoga' and 'Sadhana' are the two credentials to integrate body, mind and soul. VIS, exuberantly celebrated the 10TH International Yoga day with parent-student community. The two eminent personalities, Ms.Hansa Joshi and Vasudha Bhirud from the "ART OF LIVING" drove the audience in the realm of yoga.





The parent community completely captivated by various asanas and going deep in the subconscious mind.



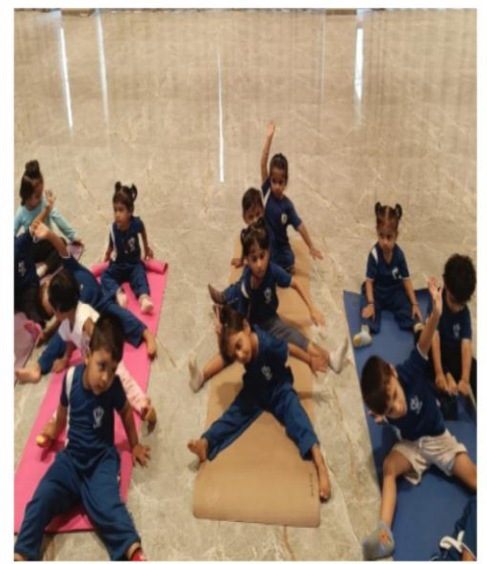


Our blooming buds, all geared up to flare themselves with the mesmerising asanas.





Happy faces, cool
minds
All ready to unwind





Yoga – a journey of the self, through the self and to the self

