

SUMMER CAMP - YOGA

The online yoga classes were conducted for the students of class 1st to 5th.

A few minutes of Yoga for the kids can be a great way to get rid of stress.

Yoga postures, Pranayama and meditation are effective techniques to release stress and to help the students study better in this pandemic.

Meditation relaxes and rejuvenates the body and mind. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. These exercises are very beneficial in relieving stress, reducing joint pain and enhancing the flexibility of the back and the whole body.

The students enjoyed the yoga session and I hope this will help them focus better.



