

# **Self-Love and Self-Care through Yoga challenge**

**“Yoga is the journey of self, through the self, to the self.”**

## **The Bhagavad Gita**

**Yoga challenges** are meant to push your confines, physically, mentally and spiritually. It helps to draw out your body in a holistic way, helping you feel lighter, stronger and more alleviated.

Yoga challenge

- Class 1 and 2 :2 poses
- Class 3 to 5: 4 poses
- Class 6 to 8:Surya Namaskar + 6 poses

Pair up with – either your sibling (your brother or sister) or FATHER, the guiding light of your life whose love will help you to achieve your dreams and share your best yoga postures.

Send us your pictures/video replicating the steps shown in the video positively by Tuesday, 9<sup>th</sup> July 2020 till 11:00 AM .Any video sent after aforementioned time or not sent paired up properly as per the instructions given will be disqualified. Become the highlight of the day by participating in this challenging activity which helps to relive stress and anxiety. Grab this opportunity to improve your well being and emotional health. The best pictures and videos will get posted on school’s fb page and the winners will receive e-certificate. Kindly send your picture/ video to the following teachers

Class 1 and 2 (only 2 pictures) – Ms Anita (ph no: 8295059100)

Class 3 and 4 (only 4 pictures) – Mr Kishan Gulia (ph no: 9991992462)

Class 5 (only 4 pictures) Mr Sanjay (ph no: 7206224108)

Class 6 to 8 (2 videos 1 composed of all the asanas and 1 of Surya namaskar) -- Ms Babita (ph no: 7988412662), Ms Jyoti (ph no: 9034236646).

**Let’s make this event a huge success.**