



Yoga Day Activities Class 1 and 2

Yoga is the journey of the self, through the self, to the self.

On this International Yoga Day, let us celebrate the ancient practice that connects body, mind, and spirit. Yoga brings strength, peace, and balance to our lives. May we embrace yoga daily and live with energy, discipline, and harmony.

🌟 Yoga with Rhymes:

**Incorporate movements with fun rhymes such as:
"Stretch your hands and touch the sky..."**

🌟 Breathing Balloons:

Encourage deep breathing by pretending to blow balloons.