



Yoga Day Activities for Class 3 and 4

Yoga not only enhances physical fitness but also promotes inner peace and mental clarity. Let us all come together to embrace the ancient wisdom of yoga and make it a part of our daily lives for a healthier and more balanced future. Here are some engaging Yoga Day activities

1 Yoga Session: Basic asanas such as:

🌞 Cobra Pose (Bhujangasana)

How to do it:

- 1. Lie flat on your stomach with your legs extended and feet together, toes pointing back.**
- 2. Place your palms flat on the floor beside your shoulders.**
- 3. Inhale and gently lift your chest off the ground by straightening your arms partially, keeping your elbows close to your body.**
- 4. Keep your shoulders relaxed and away from the ears.**
- 5. Hold the pose while breathing steadily, then exhale and slowly lower your torso**

2 Poster Making: "Yoga for Healthy Living" – draw and write 1–2 lines.