



Yoga day activity for classes 7th and 8th

Yoga is a powerful tool to unlock your potential!
Let's celebrate International Yoga Day and
discover how yoga can improve our physical,
mental, and emotional well-being

Write the benefits of yoga

- you can write about the physical, mental, and emotional benefits of yoga, such as improved flexibility, reduced stress, and increased focus.
- you can include personal experiences or observations about how yoga has positively impacted their lives.

Write on a chart In a creative manner