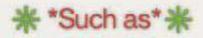


\* \*Yoga day activity for class 6:\*\*

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.

\*\*\*\*Do your favorite yoga poses\*\*



1. Tree Pose (Vrksasana)

2. Downward-Facing Dog (Adho Mukha Svanasana)

3. Butterfly Pose (Baddha Konasana)

 Child's Pose (Balasana) Downward-Facing Dog, or Mountain Pose etc.

