



✱ \*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\*

✱ \*Such as\*

1. Tree Pose (Vrksasana)
2. Downward-Facing Dog (Adho Mukha Svanasana)
3. Butterfly Pose (Baddha Konasana)
4. Child's Pose (Balasana) Downward-Facing Dog, or Mountain Pose etc.