



Yoga day activities for classes 9th and 10th:

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.

Create a yoga-themed collage or a slogan on yoga

- you can create a visually appealing collage that showcases your creativity and understanding of yoga.
- For the slogan, you can think of catchy and inspiring phrases that promote yoga's values, such as "Breathe, Relax, Repeat" or "Find Inner Peace through Yoga."