

DAY – 6 Activity class-2
FITNESS FREAK (28.09.2016)
Topic- "RHYTHMIC YOGA"



**“The nature of Yoga is to shine the light of awarness
into the darkest corners of the body”**

On 28.09.2016 students of Class – 2, were shown video’s of Rhythmic Yoga on Digi Board. Followed by a discussion about different Asans and the importance and advantages of Yoga in our lives. After watching the videos students performed yoga asans like Tadasan, Dandasana, Uttanasana, etc. Teacher guided them in performing the various Asanas. The highlight was 100% students participated in the activity. It was a great learning experience for students as well as teachers.

