



INDO-PHILLIPINES COLLABORATION

"Yoga adds years to your life and life to your years."

We cannot always control what goes on outside but Yoga can help in controlling what goes inside. To reveal the magical benefits of Yoga and to encourage our students to adopt Yoga in their everyday routine, an online collaboration session was conducted.

Coach Erica from Philippines virtually connected with young Agarsainians of classes VII and VIII and gave a demo of a few useful asanas that students can easily adopt for overall development.

With a promise to conduct many more sessions on Yoga, Coach Erika's session restored our belief that yoga can help us in innumerable ways and we all must practice yoga for our wellness.

