

YOGA DAY CELEBRATION

21.06.21

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action.



To ensure the importance of health with yoga, Maps organized a virtual Yoga session for our tiny tots on 21st June International Yoga Day. Various asanas followed by om chanting, Warm-up exercises, sitting and standing asanas were performed. The trainer Ms. Swastika gave her valuable guidance to the students. She also encouraged students to practice regular yoga to remain fit and improve concentration. The exercises are good and useful to the students. All the students were excited and energetic. Students feel motivated and enthused to follow a path of holistic wellness.

