

**JUNE 21, '23**

## **INTERNATIONAL YOGA DAY**



**Ms. Pinky Sandip Shah, the yoga practitioner - joined us in the morning assembly to teach our learners basic yoga exercises.**

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**"Yoga is a flame which once lit will never dim, the better you practise, the brighter your flame" - B.K.S.Iyengar**

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**Learners of KESIS trying to perform the mountain, humming bee and boat asanas which teaches them to be calm, strong and balanced in their life.**

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Learners learning to do breathing exercises, stick pose to increase their height and butterfly pose to increase their flexibility.