



**INTERNATIONAL DAY OF YOGA IS CELEBRATED ON  
21<sup>st</sup> JUNE THROUGH OUT THE WORLD**

This year's theme shares a message that during covid-19 people must stay home with family and should do yoga regularly. The benefit of yoga during covid-19 is that it helps in boosting our immunity, cures breathing problems and reduces stress and anxiety.

In view of the covid-19 pandemic, theme of International day of yoga 2020 is  
***“Yoga at home and yoga with family”***

**The logo reflects harmony and peace for the humanity which is the essence of yoga.**

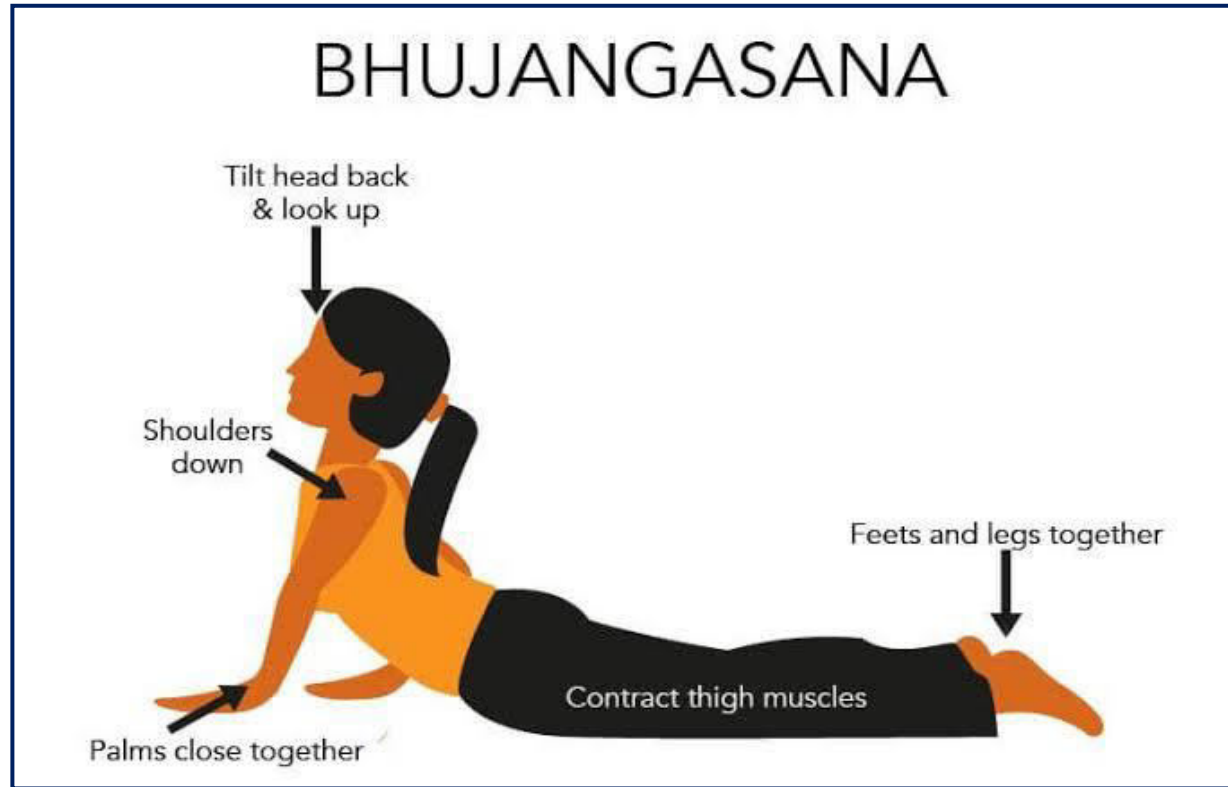
**INTERNATIONAL  
YOGA DAY  
LOGO MEANING**

- ▶ **Joining Hands - Union**
- ▶ **Orange Halo - Fire Element**
- ▶ **Globe - Oneness**
- ▶ **Green Leaves - Nature**
- ▶ **Brown Leaves - Earth**
- ▶ **Blue Human Art - Water in Body**

**Yoga for Harmony & Peace**

# Yoga poses influenced by animals

## NAME BHUJANGASANA [COBRA POSE] - TECHNIQUE



**STEP 1** - Lie on the ground on your stomach and place your palms flat next to your shoulders.

**STEP 2** - Inhale and Press into your hands. Gently lift your head, neck and shoulders off the ground.

**STEP 3** - Raise the trunk up to the navel region. Look upward. Hold this position for 5 to 10 seconds.

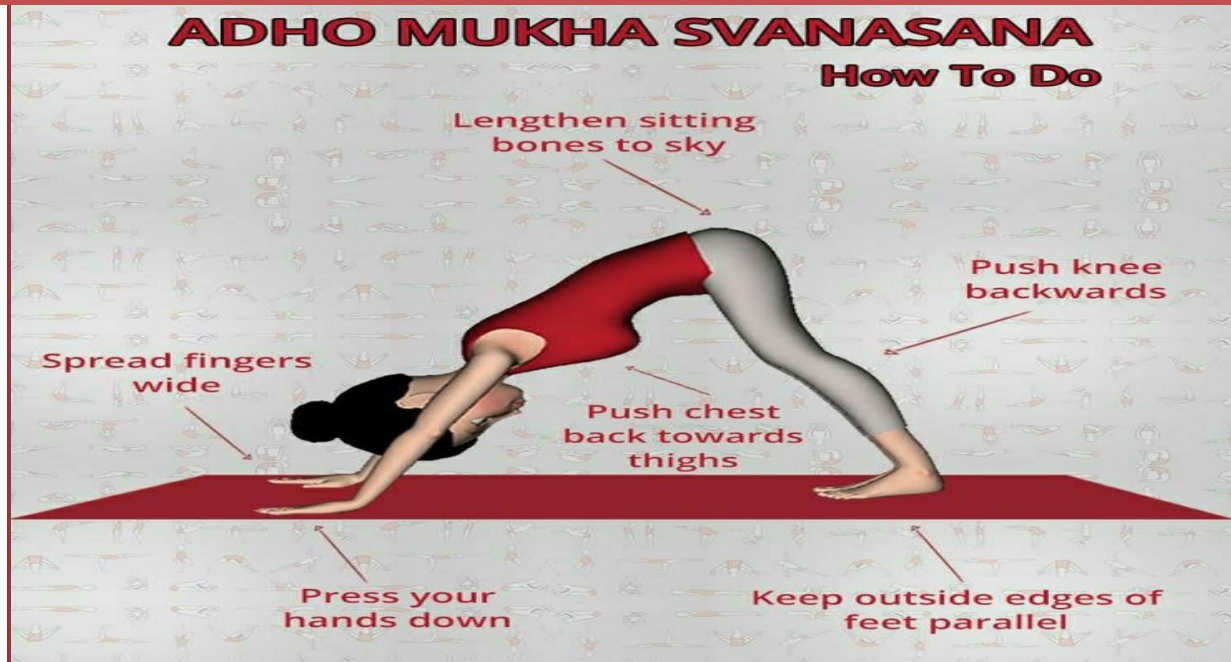
**STEP 4** - To come back to the starting position first exhale and then slowly lower your navel, chest, shoulders, neck and forehead. Relax and take deep breath.

### **BENEFITS**

- Strengthens the spine and keeps it flexible.
- It helps to cure acidity, indigestion and constipation.
- It helps to cure back pain.
- Useful for those suffering from respiratory disorder such as asthma.
- Reduces stress and fatigue.
- Improves the functions of abdominal organs.
- Stretches your neck, shoulder, chest, lungs and abdomen.

**For your reference:** <https://www.youtube.com/watch?v=5-1JaosvDEA&feature=youtu.be>

## NAME - ADHO MUKHA SVANASANA [DOWNWARD FACING DOG]



**STEP 1** - Get on the floor on your hands and knees. Keep your palms flat on the floor with fingers spread.

**STEP 2** - Lift your knees away from the floor and lift your hips to form an upside-down V pose.

**STEP 3** - Now, press your hands into the ground and keep your head lowered between the inner-side of the arms and look down towards the floor. Breathe normally in this position. Hold the position for a few seconds.

**STEP 4** - To release the pose, come back to the kneeling position and relax your back and arms.

### **BENEFITS**

- Strengthens the shoulders, abdomen and spine.
- Improves blood circulation.
- Improves digestion.
- Reduces stress, depression and anxiety.
- It calms the mind.
- Strengthens the legs and arms.

For your reference: <https://www.youtube.com/watch?v=lgUaxG7bF6M&feature=youtu.be>

### Note

- All the asanas and breathing exercises should be practiced on an empty stomach.
- In case of any medical problem consult your doctor before attempting these asanas and breathing exercises.

**STAY HEALTHY, STAY STRONG, AND GET THE BEST OUT OF LIFE.**