



Yoga gives us strength, flexibility and mind-body awareness.

*International day of yoga is celebrated on **21st June** throughout the world.*



The idea of International yoga day was proposed by prime minister of India, **Mr. Narendra Modi** in 2014 during a speech at United Nations General Assembly [UNGA].



21st June was selected as International yoga day as it is the longest day of the year in the northern hemisphere and shares special significance in different parts of the world. This year the whole world will celebrate the sixth International day of yoga.



In view of the covid-19 pandemic, theme of International day of yoga 2020 is - 'Yoga at Home and Yoga with Family'.

The benefits of yoga during covid-19 is that it helps in boosting our immunity, cures breathing problems and reduces stress and anxiety.



YOGA FOR HARMONY AND PEACE

Folding of both hands symbolises yoga, the union, which reflects the union of individual consciousness with that of universal consciousness ; A perfect harmony between mind and body, man and nature; A holistic approach to health and well being.

LETS KNOW MORE

The **brown** leaves symbolise the earth element.

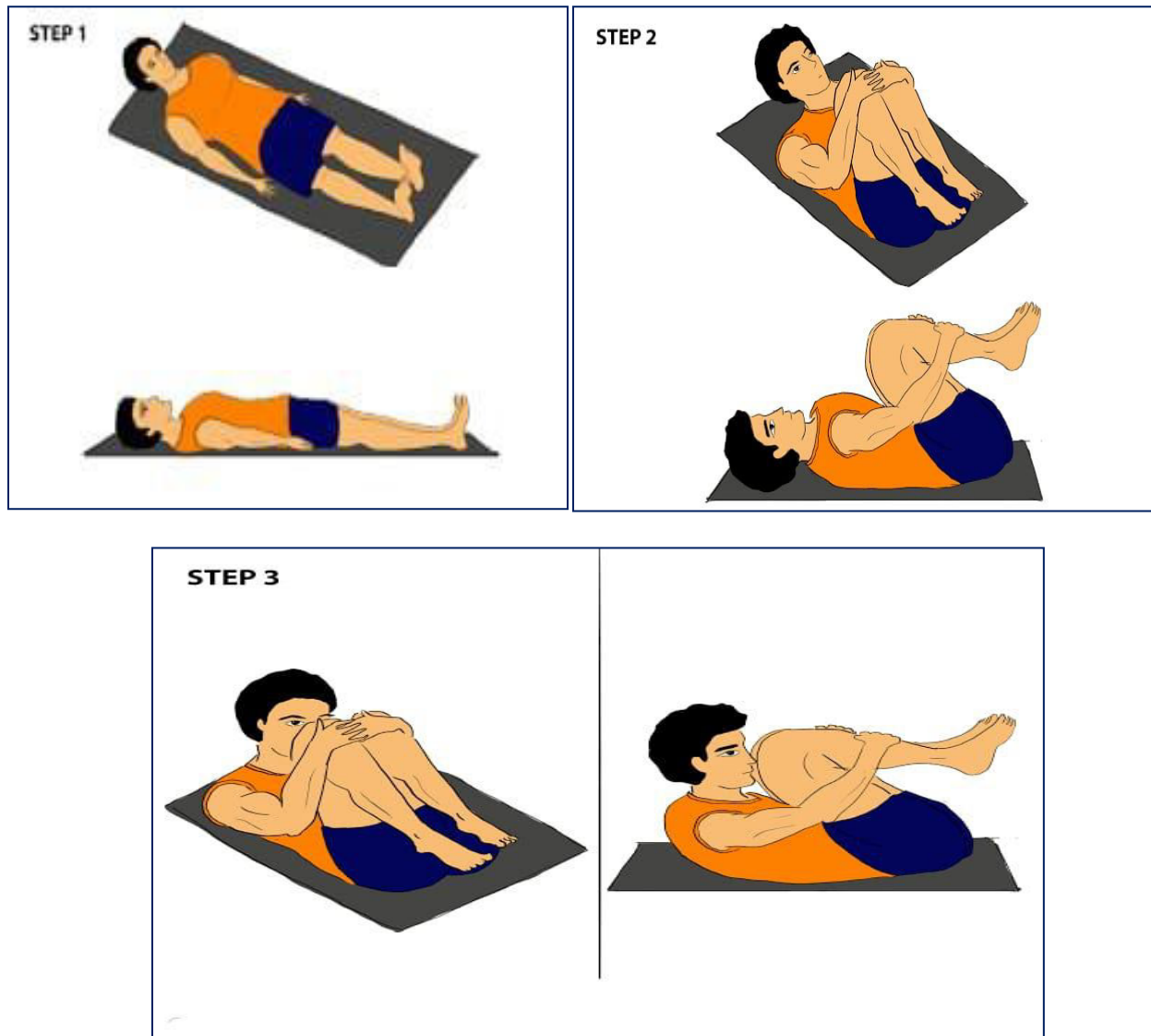
The **green** leaves symbolise the nature.

The **blue** human art symbolises water element.

Brightness symbolises the fire element.

The **Sun** symbolises the source of energy and inspiration.

NAME OF THE ASANA - PAVANMUKTASANA (TECHNIQUE)



STEP 1 - Lie flat on your back and keep the legs straight and breathe deeply.

STEP 2 - Inhale and raise your legs.

STEP 3 - Exhale, bend your legs and try to bring your knees towards your chest.

STEP 4 - Clasp your knees by interlocking your fingers. Press them on your abdomen with clasped hands.

STEP 5 - Raise your head and let the nose touch the knees. Initially, it is not easy to touch the knees with your nose. But with regular practice you can do this.

STEP 6 - Do normal breathing while maintaining the pose. Hold this position for 20 to 30 seconds. You can extend it to 1 minute as per capability.

STEP 7 - To release the position, first bring your head down, followed by your legs.

BENEFITS

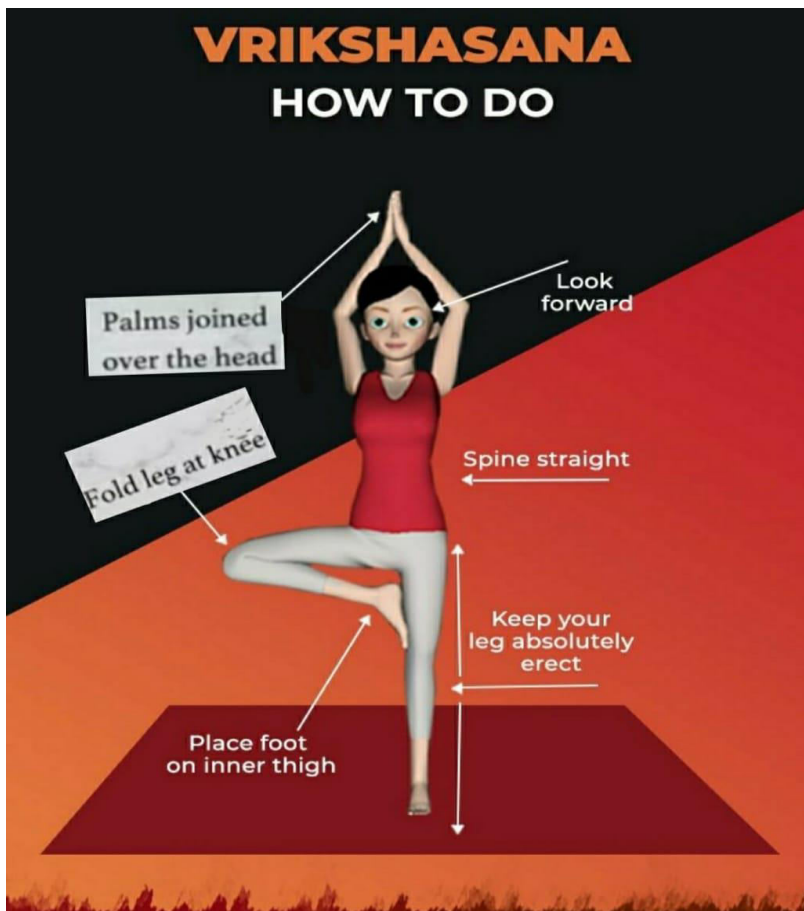
- It helps to remove gas from the intestines.
- Improves digestion and relieves constipation.
- Strengthens the lower back muscles.
- Improves blood circulation.
- It gives good stretch to the neck and back muscles.
- It is very good for abdominal organs.

For your reference:

<https://www.youtube.com/watch?v=ZKvGqNE7oe4&feature=youtu.be>

<https://www.youtube.com/watch?v=4W4NL9VTUwU&feature=youtu.be>

NAME - VRIKSHASANA [TREE POSE] (TECHNIQUE)



BENEFITS

- Helps to develop balance and stability in the body.
- Boosts concentration.
- Strengthens feet ligaments and tendons.
- Strengthens the back and abdominal muscles.
- Tones the leg muscles.

For your reference

<https://www.youtube.com/watch?v=Dic293YNJI8&feature=youtu.be>

<https://www.youtube.com/watch?v=scR9gu7yJfo&feature=youtu.be>

STEP 1 - Stand erect with your arms by the side of your body.

STEP 2 - Lift your right leg, fold the right knee and place it on the left thigh, as high as possible. The heel of your right foot should be facing upwards and the toes should be facing the ground.

STEP 3 - Shift your body weight on your left leg and stand erect.

STEP 4 - When you feel the body is balanced properly, slowly raise your arms over the head and join both your palms. Keep the arms straight.

STEP 5 - Look straight ahead in front of you, at a distant object. a steady gaze helps to maintain a steady balance.

STEP 6 - Inhale and exhale slowly and hold the pose for at least 20 TO 30 seconds.

STEP 7 - To come out of the pose separate the palms and lower the arms. Next, gently take the right foot away from the thigh. Straighten the right leg and come back to the starting position.

STEP 8 - Repeat the same steps from the other side of the body by changing the position of legs.

NOTE

- Repeat the asanas and pranayama given in the previous week along with the new ones.
- 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 pranayama.

STAY HOME | STAY SAFE | STAY HEALTHY