

RGS/026/2021-22
14th JUNE, 2021

Dear Parents,

'Yoga is like the music, the rhythm of the body, the melody of the mind and the harmony of the soul, it creates the symphony of life.'

INTERNATIONAL YOGA DAY

DATE: 21st June, 21 / Monday

Students need to practice **Yogaasna** (योगासन)(mention below) and post their videos on Google classrooms by Thursday, 17th June, 2021.

Duration of the video- 30-40 Seconds

Dress Code- Yoga pants/ leggings/ t- Shirt (preferably Black or White)

Selected students will perform at the final round, which will be LIVE on 21st June, 2021 (Monday)

For Grade nursery/ prep

- Tadasana- <https://youtu.be/2XhKXPo4-nw>
- Vrikshasana / Tree Pose - <https://youtu.be/IMQqXfseUUE>

For Grade 1

- Shashankasana- <https://youtu.be/y3eLdcW6L1E>
- Trikonasana- <https://youtu.be/WFadkYKHTVw>

For Grade 2

- Bhujangasana- https://youtu.be/C4_yPaijGBM
- Dhanurasana- <https://youtu.be/tUXPI7mdbt8>
- Mountain Pose - <https://youtu.be/2nPz7UOqS-k>

For Grade 3

- Boat Pose - <https://youtu.be/HcN1wyP8yIw>
- Setu Bandha Sarvangasana- <https://youtu.be/g78vfuC4QBI>
- Paschimottanasana - <https://youtu.be/q955jK0ZC4>

For Grade 4

- Matsyasana (Fish pose)- <https://youtu.be/vhFdcezAyL8>
- Halasana- <https://youtu.be/wULyd7IaMhY>
- Utthita Parsvakonasana- <https://youtu.be/bVuM96s40xk>



HAPPY LEARNING ADVENTURES



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For Grade 5

- Chakrasana - <https://youtu.be/HWa9dbSZTgA>
- Ustrasana- <https://youtu.be/URRKIa8cSOs>
- Sarvangasana - <https://youtu.be/qMCK4EXq5CY>

For Grade 6

- Paschimottanasana - <https://youtu.be/T8sgVyF4Ux4>
- Surya namaskar - <https://youtu.be/aJb1AWMc-64>
- Matsyendrasana (Spinal Twist Pose)- <https://youtu.be/kxgKSFI5cvq>

For Grade 7

- Garudasana - <https://www.youtube.com/watch?v=hrFu9sU8U4A>
- Halasana - <https://www.youtube.com/watch?v=4G72IVLwnvY>
- Urdhva Sarvangasana - <https://www.youtube.com/watch?v=honopnxEW8>

For Grade 8

- Chakrasana - <https://youtu.be/HWa9dbSZTgA>
- Naukasana - <https://www.youtube.com/watch?v=8KsyQvwi85Q>
- Shalabhasana - https://www.youtube.com/watch?v=xqdfVeIy_iM

Best Wishes

Parul Khanduri
Activity Coordinator



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