

CIRCULAR 07

DATE: JUNE 21 2021

Dear Children,

Due to this lockdown we are going to celebrate International Yoga Day online with the theme, *YOGA AT HOME;YOGA WITH FAMILY*

You are advised to follow certain instructions to perform yoga at home.

1. Choose a comfortable place and decent dress.
2. Have yoga mat to perform asanas.
3. Observe the video and perform yogasana as per the instructions.
4. Send the photos to the following number after the performance before 10 am today
Kavitha K B madam 6361432037

Photos should be clear and bright

Thank you
Stay home stay safe
Namah Shivaya!