

CHINMAYA VIDYALAYA  
BOKARO STEEL CITY  
WELCOMES YOU ALL IN  
'INTERNATIONAL YOGA  
DAY'

21<sup>st</sup> JUNE -2020

# PADMASANA



## BENEFITS

- IT HELPS TO RELAX THE MIND
- ENERGY LEVELS RESTORED WITH THE PRACTICE OF THIS ASANA

# VAJRASANA



## BENIFITS

- THIS ASANA IMPROVES DIGESTION AND WITH REGULAR PRACTICE.
- IT ELEMINATES CONSTIPATION, ULCERS AND ACIDITY
- IT HELPS TO EASE OUT LABOUR PAINS AND ALSO REDUCES ENSTRUAL CRAMPS



# GOMUKHASANA



## **BENIFITS**

- IT HELPS TO FLEX THE BACK, MAKING IT MORE ELASTIC
- IT HELPS TO REDUCE STRESS AND ANXIETY
- IT ENHANCES THE WORKING OF THE KIDNEY.

# JANUSIRSASANA



## BENIFITS

- STRECHES THE SPINE, SHOULDERS ANG GROIS
- CLAM S THE BRAIN AND HELPS RELIEVE MILD DEPRESSION
- STIMULATE TTHE LIVER AND KIDNEY

# POSCHIMOTTASANA



## BENEFITS

- THE KIDNEYS, SPINE , UTERUS AND OVARIES ARE ACTIVATED
- ANXIETY, HEADACHE , AND FATIGUE ARE REDUCED
- HELPS TO IMPROVE THE DIGESTION



# SIRSASANA



## BENEFITS

- IMPROVE MOOD
- RELAXES OUR MINDS
- TREATS DEPRESSION

# TRIKONASANA



## BENEFITS

- STRENGTHENS LEGS, KNEES, ANKLES, ARMS AND CHEST
- HELPS IMPROVE DIGESTION
- REDUCES ANXIETY, STRESS..



# BHUJANGASANA



## BENEFITS

- IT CURES ACIDITY, INDISETION AND CONSTIPATION
- IT CURES BACK PAIN
- BRINGS FLEXIBILITY IN UPPER AND MIDDLE BACK

# SIRSH PASCHIMOTTANASANA





# COMBINATION OF VAJRASANA & TRIKONASANA





# COMBINATION OF VRIKSHASANA & BRAHMRI PRANAYAM



# COMBINATION OF TRIKONASANA & PADMASANA





# COMBINATION OF BHUJANGANGASANA & VRIKSHASANA





# COMBINATION OF PADMASANA ,STANDIND PASCHIMOTTASANA & SIRSHASANA



# PYRAMID



**THANKS FOR  
YOUR  
PATIENCE**

**MADE BY :-**

**TEACHERS OF  
CHINMAYA VIDYALAYA**