CHINMAYA VIDYALAYA **BOKARO STEEL CITY** WELCOMES YOU ALL IN **INTERNATIONAL YOGA** DAY' 21st JUNE -2020

PADMASANA



BENEFIITS

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





BENIFITS

•THIS ASANA IMPROVES DIGESTION AND WITH REGULAR PRACTICE.
•IT ELEMINATES CONSTIPATION, ULCERS AND ACIDITY
•IT HELPS TO EASEOUT 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

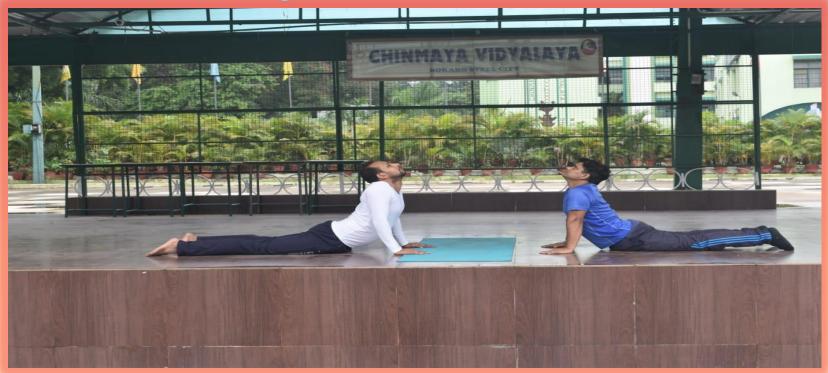
TRIKONASANA



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 YALAYA BOKARO STEEL CI CT TO

THANKS FOR YOUR PATIENCE

MADE BY : -

TEACHERS OF CHINMAYA VIDYALAYA