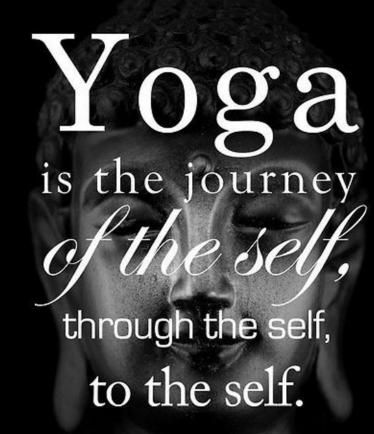


YOGA

-The way of Life

SKYWINGS INTERNATIONAL SCHOOL



- The Bhagavad Gita

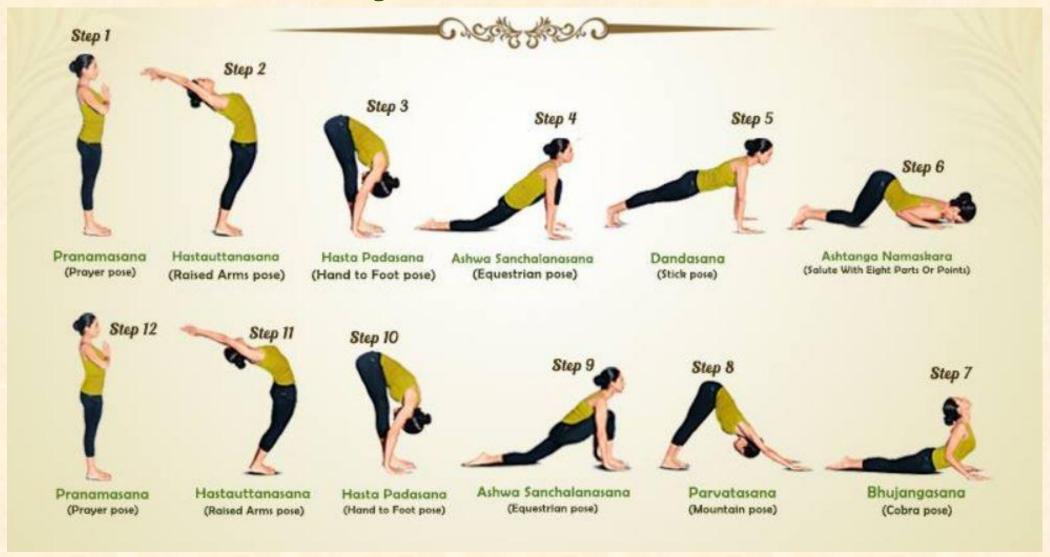
What is YOGA?



Yoga is physical, mental and spiritual practices which originated in ancient India with a view to attain a state of permanent peace of mind in order to experience one's true self.



Surya Namaskar



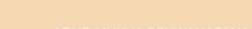
videolink : https://www.youtube.com/watch?v=kS4YA1z8fsc

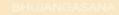
Benefits of Surya Namaskar

- Tones muscles and improves flexibility.
- Great cardio training and hormonal balance.
- Improves digestion and promotes weight lose.
- Increase energy and awareness levels.
- Enables better absorption of Nutrients.
- Brings emotional stability and improves anxiety.
- Improves skin's glow.
- Brings down blood sugar level.











ANULOM VILOM





videolink: https://www.youtube.com/watch?v=I7CNTxPq1d4

Benfits of Anulom Vilom

- Treats snoring.
- Controls obesity.
- Beneficial for arthritis.
- It treats constipation.
- Controls allergic problems.
- Manages blood circulation.
- Improves muscular system.
- Diabetics can be controlled.
- Maintains digestive system.
- Blood pressure can be cured.
- Decreases stress and anxiety.
- Effects on brain positive thinking.
- Helps in making heart health healthy.
- Transfers negative to positive thoughts.
- Increases pure oxygen supply throughout the body.

Vajrasana

The practitioner sits on the heels with the calves beneath the thighs. There is a four finger gap between the kneecaps, and the first toe of both the feet touch each other and sit erect.



videolink: https://www.youtube.com/watch?v=82p0aGNJSF4

Benfits of Vajrasan

- Improve blood circulation
- Imporve posture
- Betters digestion
- Helps in weight loss
- Improves focus and concentration
- Can help with arthritis
- Produces energy
- Keeps you calm
- Deals with anxiety and stress
- Increase leg muscle strength and its flexibility

Matsyasana



Vvideolink : https://www.youtube.com/watch?v=hxkPUJNLwB0

Benefits of Matsyasana

- Better spinal health
- Beneficial for thyroid
- Toned glutes
- Lightens mood
- Beat the stress
- Healing from within
- Weight loss

OM Chanting

Benfits:

- Improves concentration
- Reduce stress and anxiety
- Rejuvenating and pacifying
- Gives strength to spinal cord
- Detoxifies body
- Improves functioning of heart and digestive system
- Ensures sound sleep
- Makes you emotionally stable
- Improves reasoning ability and reduces negativity

Yoga techniques calm your emotional state in the these tough times of coronavirus fear

As Covid-19 scare grapples the whole country, people are getting concerned about their health. While practicing good hygiene is a practice everyone must adopt, the one thing you can really do is to look for ways to boost your immunity naturally.

Yoga is one way you can naturally uplift your vitality without having to step out of the comfort of your home during this lockdown.