

Staying Fit with Yoga

Last week, on the occasion of World Health Day, **India International School** Kshipra Path organized a Yoga session on 8 April 2019 for IBDP, IGCSE AND CLSP-8 students. The session began with the introduction of World Health Day and ways of staying fit followed by warm up exercises and yoga asanas. Some of the yoga asanas covered during the session were Surya Namaskar, Tadasana, Sarvangasana and Halasana. Every student participated with full vigor and was keen to inculcate yoga habits to stay fit and healthy.

