



# INTERNATIONAL YOGA DAY

21<sup>st</sup> June 2020

"Yoga for Health - Yoga atHome"



**5** effective pose to boost your Immune system at home

Source: The content is browsed data



Eagle pose  
GARUDASANA



Downward facing dog pose  
ADHO MUKHA  
SVANASANA



Mountain pose  
TADASANA



Cobra pose  
BHUJANGASANA



Four limed staff pose  
CHATURANGA  
DANDASANA

This pandemic let's make a posture not a pose.

