

International Day of Yoga



June 21st 2022

Theme: Yoga for Humanity

Yoga Poses inspired from the Wild



Butterfly Pose
Badhakonasana

Benefits

- A good stretch for the inner thighs, groins and knees, improving flexibility in the groin and hip region
- Helps in intestine and bowel movement
- Removes fatigue from long hours of standing and walking
- Offers relief from menstrual discomfort

Benefits

Cobra Pose can boost energy, fight fatigue, and build confidence. It improves posture and counteracts the effects of prolonged sitting and computer work.



Cobra Pose
Bhujangasana

Benefits



Camel Pose
Ustrasana

- Camel Pose can help build confidence and empowerment.
- It improves your posture and counteracts the effects of prolonged sitting, slouching, and kyphosis (abnormal curvature of the spine).
- It may also help relieve back pain.

Benefits

- Flexing and extending the spine can help improve circulation in the discs in your back.
- Can be enormously beneficial in supporting the back and easing pain and maintaining a healthy spine.
- Cat-Cow Stretch can help you improve your posture and balance



Cat-Cow Stretch
Chakravakasana

Benefits



Dog Pose
Adho mukha svanasana

- Strengthens the whole body – upper body, arms, shoulders, abdomen and legs. Stretches the back of the body, ankles, calves, hamstrings, spine.
- Calms the mind. Stimulates blood circulation.

Yoga the Best Way for Healthy Mind and Body