



International Yoga Day



Dear Students!

As you are aware that **21st June** is celebrated as the **International Yoga Day**, every year since 2015. This year also we will celebrate it on **Monday, 21st June 2021**, but **virtually**. We will have different slots for different classes. The instructors shall guide you on camera to follow the instructions and perform the **Asanas**. Be present **on time**. You all need to be in **House Uniform**, in case you don't have **House Uniform** you should be in track suits with a **Yoga Mat** to perform the **Asanas**. Have a light breakfast before joining. Keep your **CAMERA ON AND MIKE OFF (MUTED)**. All the students need to learn the following prayer to chant on that day along with the instructor.

ॐ सह नावतु ।
सह नौ भुनक्तु ।
सह वीर्यं कर्वावहे ।
तेजस्वि नावधीतमस्तु मा विद्विषावहे ।
ॐ शान्तिः शान्तिः शान्तिः ॥

☞ Time slots are as below:

Class	Time
Jr.KG + Sr.KG	01:00 pm to 01:20 pm
I + II and VII + VIII	07:30 am to 07:50 am
III + IV and IX + X	08:00 am to 08:20 am
V + VI and XI + XII	08:30 am to 08:50 am

Flow of event:

1. Prayer
2. Presentation
3. Warm-up
4. Performing 4 Asanas

“Yoga takes no payment but pays you fitness in return.”

So let's all come together to celebrate this important day.

With Best Wishes
SBBPS FAAMILY