

Yoga is a wonderful practice that kids can enjoy. It involves stretching and balancing in different poses, like a fun game with your body. When you do yoga, you feel calm and happy, just like when you play your favourite games. Yoga Day is celebrated on June 21.

Yoga is all about flexibility, which means being able to bend and stretch your body in different ways. You can pretend to be a tree, a cat or even a warrior. It is like playing make-believe with your body, and it is lots of fun. Yoga is one of the best things because it can be done anywhere. You can practise in your room, in your backyard, or even at the park with your friends. You don't need any special equipment or a big field; all you need is yourself.

Yoga is not about winning or competing like in some sports, it is about making your body and mind feel good and staying healthy. People in India have been doing yoga for thousands of years to keep their bodies and minds healthy. When you do yoga, you learn to take deep breaths and relax, like a little vacation for your mind. Yoga also makes you strong. It is not just about bending your body, it is also about holding poses and becoming as strong as a superhero. So, if you have not tried yoga yet, give it a try. It is not only fun, but also good for your body and mind.