

Yoga is more than just stretching and bending, it is a complete practice that brings together your body, mind and spirit. It is like taking a journey deep within yourself. The International Day of Yoga is celebrated worldwide every year on June 21 since 2015. In yoga, you do different poses called asanas. These poses help your body become more flexible, stronger and balanced. There are many poses like Downward Dog and Cobra Pose and each one has its own special advantages. When you do yoga, you challenge your body, but you don't force it too much. Instead, you pay attention to how your body feels and what it can do.

Yoga is not just about the physical part, it is also about your mind. It teaches you to be present, right here and now. Yoga shows you how to focus on your breath and calm your busy thoughts. Breathing exercises, called pranayama, help you do this. They make your mind peaceful and clear. Yoga also teaches you how to relax. There is a pose called Savasana, or Corpse Pose, where you lie down like you are taking a nap. It is a time to let go of all the tension in your body and just be still and peaceful. The good things that yoga does for you are amazing. It lowers your stress levels, helps you concentrate better and makes you feel great overall. It is not just about looking good on the outside, it is about feeling happy and healthy on the inside too. So, whether you are young or old, give yoga a try. It is a special practice that is good for your whole self – your body, your mind and your spirit. It might become something you really love to do, just like playing your favourite games.

Now, let us know why yoga is such a fantastic practice. First, think of yoga as a fun and exciting adventure for your body and mind. When you do yoga poses, you are like an explorer discovering new ways to move and stretch. It is like doing a puzzle with your body, figuring out how to place your arms, legs and back in different positions. Another great thing about yoga is that you do not need any special equipment or a big field to play on. You can do yoga in your room, in a park or even with friends. It is a practice that goes wherever you go and you can have fun with it wherever you are.

Yoga is not just about moving your body, it is also about breathing. Breathing in yoga is like taking a deep, relaxing breath of fresh air. It helps you feel calm and focused. When you learn to control your breath, you can stay peaceful and steady, even when things around you get busy. Yoga also has a magical power to make your worries and stress disappear. When you do yoga, you leave behind all the stress and busyness of the world and you enter a calm and peaceful place in your mind. It is like taking a break from all the noise and finding a quiet spot to rest. In this quiet place, your body gets a chance to relax too. You learn to let go of tension and stiffness in your muscles.

Yoga helps you become as strong as a superhero, but also as flexible as a rubber band. It is a fantastic way to keep your body healthy and happy. So, remember, yoga is like a special journey for your whole self. It is an adventure for your body, a peaceful retreat for your mind and a way to become stronger and more flexible. And the best part is that you can start this amazing journey right now, wherever you are. Give yoga a try and you might discover a new favourite activity that keeps you happy, healthy, serene and spiritually connected.