

Yoga is an exciting adventure for both your body and mind, suitable for children and adults alike. Yoga is a playful game for your body. You will perform various poses, much like stretching exercises, which enhance your body's flexibility, strength and balance. Picture yourself as a tree, a cat or even a warrior – that is what yoga allows you to become. The best part is that you do not need to be perfect, yoga is all about doing your best and having fun.

The International Day of Yoga is celebrated worldwide every year on June 21 since 2015. The beauty of yoga lies in its versatility, you can practise it anywhere – in your room, at the park with friends or even at school. No fancy equipment is required, just a little space and your body. It is a practice that can accompany you wherever you go. Yet, yoga is not solely about moving your body, it also involves your breath. Yoga helps you take deep, serene breaths, serving as a secret tool to remain calm and focused, even when the world gets a bit chaotic.

Yoga is like a superhero for stress. When you do yoga, you can forget about the busy world and find a calm and peaceful spot in your mind where you feel relaxed. It also helps your body relax by easing tension in your muscles. Yoga strengthens you, just like your favourite superhero. You will learn to hold poses that challenge your muscles, while simultaneously becoming incredibly flexible, able to bend and stretch like never before. It is your body's way of showing off its amazing abilities. But there is more to yoga than just the body, it also nurtures your mind. Think of it as a mini-holiday for your thoughts. Yoga teaches you to concentrate on your breath and stay in the present moment, allowing you to let go of worries and stress, ultimately fostering a calm and clear inner state.

Yoga has been practised in India for thousands of years, a testament to its effectiveness in keeping both body and mind healthy. When you practise yoga, you are not just exercising, you are also learning to

breathe deeply and relax, providing your mind with a well-deserved break. So, whether you are a child or an adult, give yoga a chance. It is not only enjoyable but also beneficial for your body and mind. Yoga is like a special journey for your body and a peaceful retreat for your mind. It is like doing puzzles and taking deep breaths, all at once. Start your yoga adventure today and you might find a new favourite thing that makes you feel happy, healthy and calm.