



ITL Conducts Yoga Workshop

Date : 5 July 2019
Venue : Candyfloss Basement
Organized By : ITL Public School
Conducted By : Isha Foundation
Attended By : Class IX students

ITL Public School organized a **Yoga Session** for the students of **Class IX** on **5 July, 2019**. The session was conducted by **Isha Foundation**, an initiative started by Sadh Guru.

The workshop was conducted with an aim to help students understand the importance of yoga and its wholesome effect on the mind, body and soul. Students were introduced to various yoga practices which help the system sustain higher levels of energy. A video was shown to the students helping them to comprehend the importance of yoga and the correct way to perform various neck and breathing exercises. They were advised by the mentors to invest 30 minutes daily in doing yoga for a sharper intellect, better focus, harmonious body and a balanced mind.

The students appreciated the session as it helped them greatly to rejuvenate and stimulate themselves.



