

**Date: 13-07-2023**

***“Yoga is the artwork of awareness on the canvas of body,  
mind, and soul”***

**Dear Parents,  
Warm greetings**

Yoga is a great practice for both, the body and the mind as it offers peace and mindfulness to its lovers and helps them get through daily stress. So, keeping this aim in mind, we at Scholars have organised a **Yoga Competition** for **Grade II-III** on **20<sup>th</sup> July, 2023**.

Kindly prepare your ward for the same. Make them practice the asanas like Vriksh asana, Sidhasana, Urdhva Hastasana, Utkat asana, Veerbadhra Asana and Utthit Trikon asna etc.

Best Regards



**(P R I N C I P A L)**