



Intra-Class Yoga Competition 2021-2022 – Grade II

“Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame.”

Dear Parent

It gives me immense happiness to announce the **Intra-Class Yoga Competition** for the learners of Grade II to be held on Thursday, 30.09.2021.

Happiness in life is dependent on one's health and well-being. And the practise of yoga aids in this endeavour. It results in a holistic integration of a person's mind, body, and soul.

Interested participants are requested to first enrol themselves, following which they will email the video performing below listed yoga asanas on the given email address. Participants need to send a horizontally shot 2 minutes video against a white background. Participants must wear white t-shirt & black fitted yoga leggings while performing yoga asanas (hair should be properly tied up).

While recording the video the learner may focus on correct posture, flexibility, balance and overall presentation.

The details of the event are listed below

Asanas for Yoga Competition

(Time limit: 15 seconds per asana)
Surya Namaskara
One Standing Asana (Vrikshasana, Trikonasana)
One Sitting Asana (Paschimottanasana, Naukasana)
One Supine Asana (Halasana, Chakrasana)
One Prone Asana (Dhanurasana, Bhujangasana)

Kindly take note of the steps to be followed along with the date of submission

Step 1	Click here to fill the enrolment form Click Here	Last date of submission Friday, 17.9.21
Step 2	Kindly rename the video with your ward's full name and email the same on the given address sulochanakumari243@gmail.com	Last date of submission Monday, 20.9.21

Looking forward to an enthusiastic participation.

Warm regards
Ms Indu Yadav
Principal