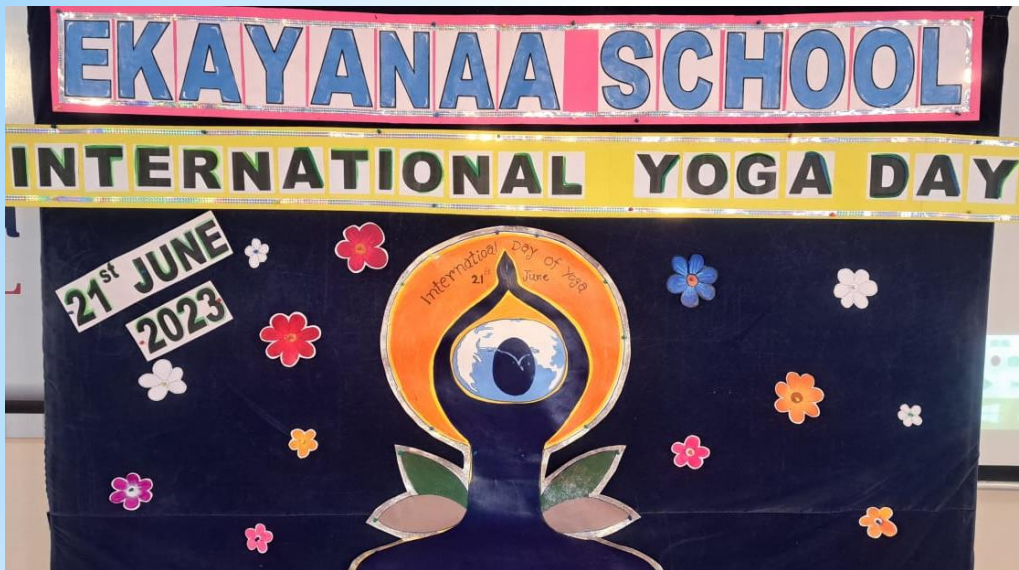


Ekayanaa School, Indore

International Yoga Day Celebration-2023





“YOGA is the journey
of the self
to the self
through the self.”





“YOGA is not about Self-improvement, it’s about self – acceptance.”





YOGA:

A way of connecting
your body to the soul!



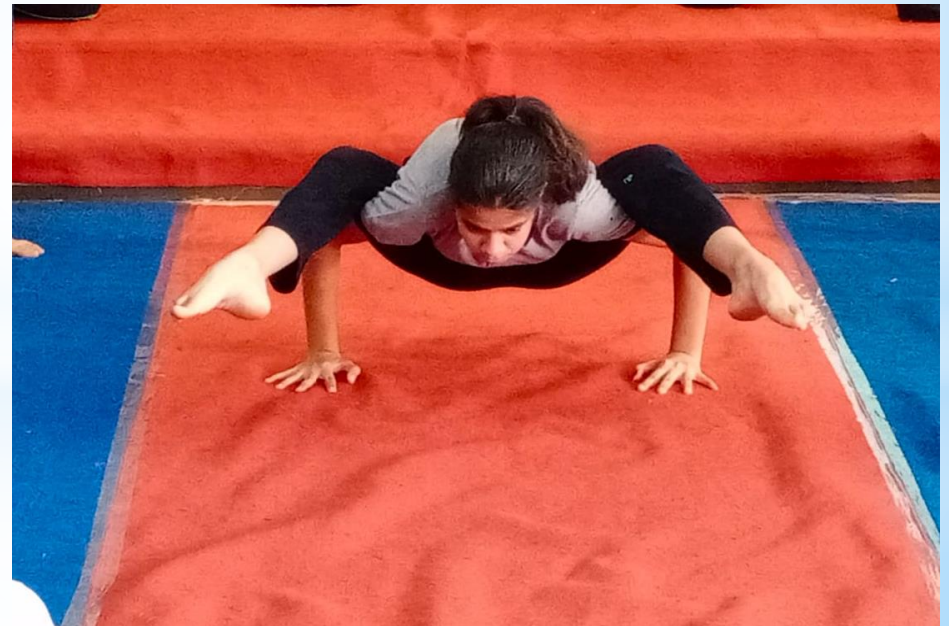


“Yoga teaches you, how to listen to your body.”





“YOGA is a mirror to look at ourselves from within.”





**Meditation is the
action of Silence**



**YOGA is the gateway to
happiness that the body needs in
daily life!**

Happy International Yoga Day!