

ASN Sr. Sec. School

Mayur Vihar-I, Delhi

Dear Parent

Greetings!!

On the occasion of INTERNATIONAL YOGA DAY on 21st June 2020, Sunday, ASN School would like to invite all the students, parents, family members and friends to join us in our endeavour to promote global health, harmony and peace by wholeheartedly participating in doing YOGASANAS within the safety of your premises during this Covid-19 Pandemic.

Yoga is a divine gift to the Global World by India. The health benefits of Yoga is par excellence. The word 'Yoga' means - Union and synchronisation of Mind, Body and Soul. Its flourishing yoga postures ensure flexibility and immunity. Its breathing exercise - Pranayamas activates and energises our organs and its Meditation techniques brings relaxation and harmony - much needed in these present times.

We will be organising a live session with **Mr. Pankaj Joshi**, a Motivational Speaker and Yoga Expert

The details are as follows:

Date- 21st June, Sunday

Time- 8:30 am

Dress Code- Any Comfortable Attire

To join through Microsoft Team app - click on the link

Link- <https://bit.ly/3fEESuq>

Kindly post and share your photos in various asanas using our hashtag #yogawithASNDelhi and tag our school's official Facebook -ASN Sr. Sec. School in your posts so that we can spread the message of – 'Yoga for Fitness and Immunity'

Looking forward to your active participation.

Regards

Swarnima Luthra
PRINCIPAL