

# International Yoga day an Invitation to Explore

“Yoga is a mirror to look at ourselves from within”



The whole world comes together to affirm the significance of Yoga, to maintain the balance of their life, on **21st June** every year, an initiative started by our Hon'ble PM Sh. Narendra Modi. Carrying this legacy forward, **Orleans-The school** has organised a workshop conducted by **Art of Living**, an organisation started by **Sh Sh Ravi Shankar**. One hour workshop was led by Ms. Kirandeep Kaur and Ms Sonali in Primary wing and by Ms. Shivani Seth Chawla and by Ms Gaurangi in Senior wing in order to lead Orleanites to **meet their own spiritual self**.

Orleanites along with the parents and teachers learnt various new asanas. It was a rejuvenating break from a stressful life and a positive way to deal with negativity of the pandemic. The programme was designed in a way that it provides rest to the body, restores peace and balance of life.

It was a marvellous way to celebrate **International Yoga Day** and a way to spread happiness through serenity.

