

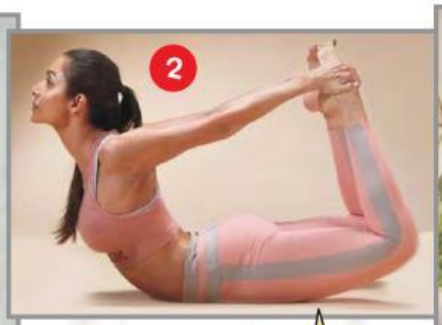
Chapter 1

Yoga

Yoga is a wonderful way to keep ourself fit. It not only strengthens the body, but also relaxes our mind.

Below are some of the asanas of Yoga. Write their names :

















LIVEWORKSHEETS