**Embassy gearing up for the 2nd IDY celebrations planned for 25th June, 2016**

Adults :

Began with the chanting of ‘OM’……



Stretching the body…



Building balance of mind and body



CHILDREN

The budding Yoga enthusiasts!



**Young Children practicing complex Yoga postures**



**Stepping forward with Yoga …**



**Yoga helps build concentration skills…ideal for school children.**

