

THE YOGA OF COMBAT

As part of ISA action plan ,the school planned a special assembly on Yoga of Combat. An inter section karate and yoga competition for students of class 3 was organised .The students set the tone for this training camp .They were self disciplined and showed hard training in practicing karate katas ,different kicks ,positions and yoga asanas from Suryanamaskar to Naukasana .Not only did they perform tough yoga postures but also challenged themselves with the calming breathing exercises like the belly and the nostril breathing .Students were encouraged to do yoga on daily basis for self healing and for cultivating the attitude of 'letting go'.





