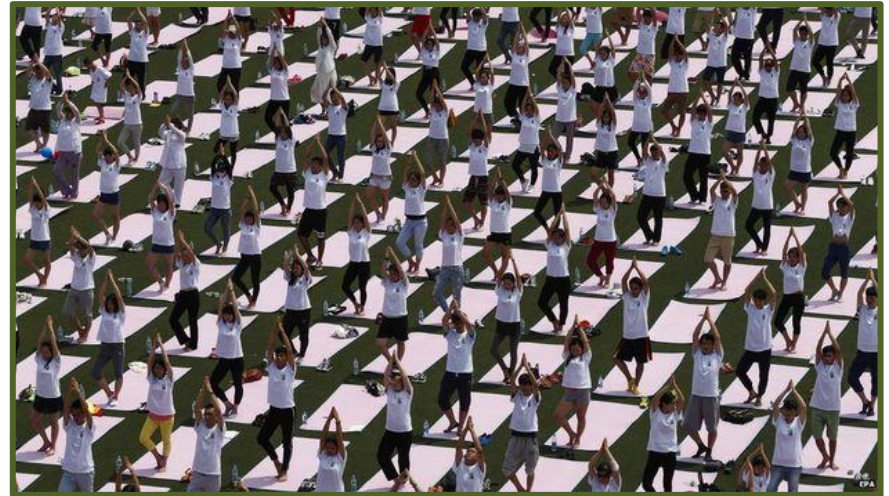


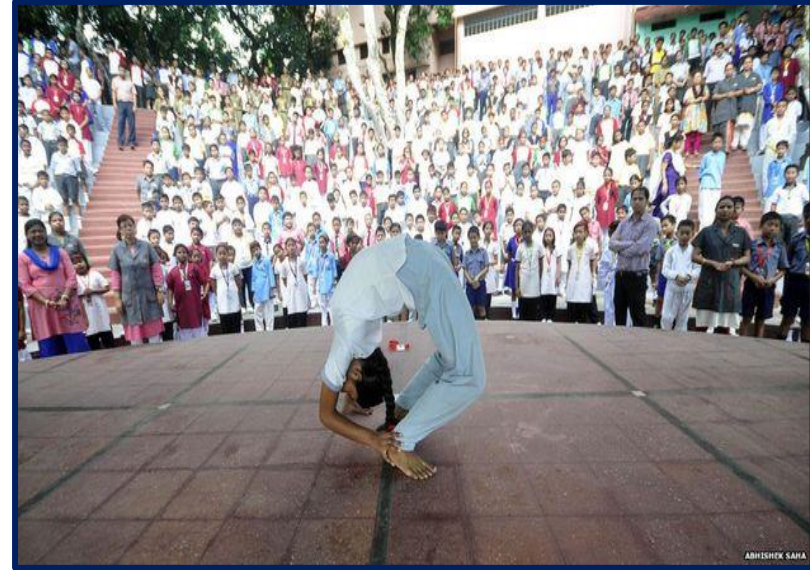
FIRST WORLD YOGA DAY WAS CELEBRATED ON 21<sup>st</sup> JUNE WITH THOUSANDS PARTICIPATING IN 193 COUNTRIES ACROSS THE GLOBE.



# FIRST WORLD YOG DAY

IT WILL NOT BE RIGHT IF WE DID NOT PARTICIPATE IN SUCH AN IMPORTANT EVENT.

WE'LL NOT DO A COMPLICATED POSTURE AS THIS LADY IN THE PICTURE



BUT WE CAN CERTAINLY DO A VERY SIMPLE BREATHING EXERCISE OF YOGA CALLED BHASTRIKA. ALL YOU HAVE TO DO IS BREATH THROUGH THE NOSE.

BEFORE WE DO THAT WE'LL CHANT A.....U....M. WITH DHYAN MUDRA – EYES CLOSED – BACK STRAIGHT – CHIN LEVEL – FACE RELAXED - TAKE A DEEP BREATH & CHANT AUM SO THAT **AU** TAKES LONGER THAN **M**.