

## YOGA DAY Preparation

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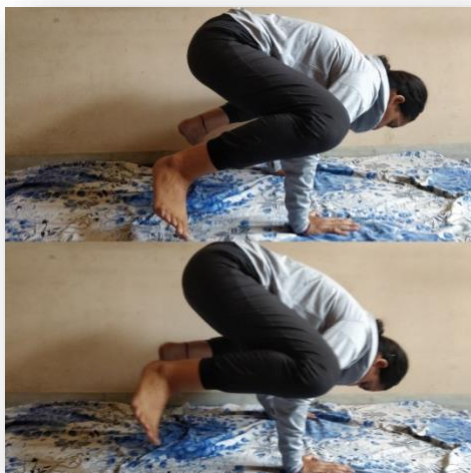
I'll start with the quote, "It's not about being good at something. It's about being good to yourself."

YOGA is about physical, mental, and spiritual practices which helps me move towards a positive approach in life. It helps me calm my self in situations where I feel trapped, with a deep breath in I exhale out all the negativity. Yoga helped me connect with myself and relate to nature in so many ways. With the Asanas that I performed I discovered what my body is capable of. "It always seems

impossible unless it's done" - I used to see images and videos of other people perform difficult yoga poses and felt inferior within me until I performed them and unlock new skills. Yoga, what a journey of self discovery. Moving our bodies in ways that create openings for breath consciousness to contact, illuminate and dissolve unwanted held debris.

A process personal and unique to all.

With time and practice I got better with my asanas and I felt that my body is changing, it is positive change. It feels like a new connection between me and my body, my soul.



My mind felt free and I felt my approach to see things is way better than it was before.

Yoga helps you understand things better, it helps you see yourself in a better way. One understands body positivity better. Yoga is not just about asanas. And there is no fix time or place to perform yoga, wherever and whenever you feel you can do yoga.

**"Yoga is the journey of the self, through the self, to the self." -- The Bhagavad Gita**



