



PODAR ENRICHMENT ACADEMY

Learning for Life

Yoga:

- Surya Namashkar
 - Standing asana
 - Sitting asana
 - Body bending asana
 - Body twisting asana
 - Head down asana
 - Stomach shrinking asana
 - Back bending asana
 - Pranayama
 - Concentrated meditation
 - Prayers of praise
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