

## Yoga Workshop

**Date** : 26th April 2014  
**Venue** : ITL Public School  
**Conducted By** : Ms Rekha Thakur (School Yoga Instructor)  
**Organized By** : ITL Public School  
**Attended By** : Teachers

Yoga is the life line of an individual as it adds years to one's life. To bring in positivity in the life of the teachers, an effort was taken by the Yoga teacher to conduct a yoga workshop in the school for the teachers. The workshop started with the chanting of Om followed by various asanas. Teachers got a golden chance to experience how yoga is a way of life, an art of righteous living and an integrated system for the benefit of the body, mind and spirit.

