



PHOENIX INTERNATIONAL & THE LILLIPUTS



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Dear Parents,

Greetings from Phoenix International & The Lilliput's

June 21st "International Yoga Day."

Theme - "Yoga for Humanity"

Purpose: -

- The United Nations General Assembly proposed on December 11 and established June 21 as "International Yoga Day."
- It aims to provide mental health fitness, physical health fitness of mind, body and soul.



Group Yoga Competition

Date: 21/06/2024

Grade: I-VIII

Each house can choose any 4 yoga pose out of 11 given yoga poses.

Asanas	Evaluation criteria
1. Padmasana 2. Shashankasana 3. Vajrasana 4. Supthavajrasana 5. Salabasana 6. Tadasana 7. Vrukshasana 8. Ardhakati chakrasana 9. Trikonasana 10. Ardha Halasana 11. Circle of suryanamaskar	Formation (Pattern): Starting to completion of Asana Retention (Final Posture): To maintain Asana for 8-10 second Grace and Presentation: The aesthetic aspect in formation and retention

NOTE: Kindly ensure your child wears Activity Uniform and carries a white colour T-shirt .

PRINCIPAL

