



अन्तर्राष्ट्रीय योग दिवस २१ जून २०२१



“ Be with yoga, Be at Home! ”

आइये योग को बनाएं अपनी
दिनचर्या का अभिन्न अंग, करें एक
नई शुरुआत अंतर-राष्ट्रीय योग
दिवस से

योग प्रोटोकॉल पुस्तिका हेतु QR-CODE
स्कैन करें



Directorate Ayurveda Evam Unani Services, Dehradun ,Uttarakhand

“Be with Yoga, Be at Home!”

**Yoga is a light ,
which once lit, will
never dim , The
better once practice,
the brighter the
flame**



**Yoga teaches us to
cure what need not
to be endured and
endure what cannot
be cured**



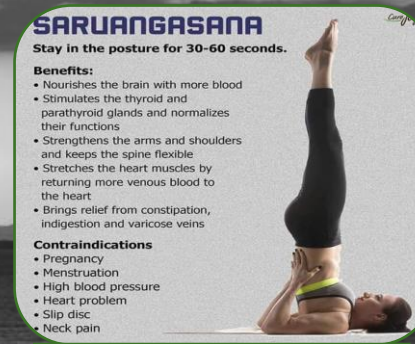
Ushtrasana



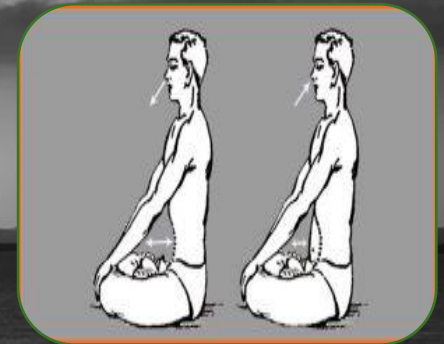
Bhujangasana



Trikonasana



Sarvangasana



Nadishodhana

Daily five Yogasanas for Healthy and Prosperous Living