



INTERNATIONAL DAY OF YOGA

ST. XAVIER'S COLLEGE

VAIKOM, KOTTAYAM

21 (K) Bn NCC, ERNAKULAM

KERALA & LAKSHADWEEP DIRECTORATE



ST. XAVIER'S COLLEGE
KOTHAVARA
VAIKOM

21- JUNE- 2021

"Practice yoga for extreme well-being of the body, as a means of catharsis for releasing stress and to embrace a new you."





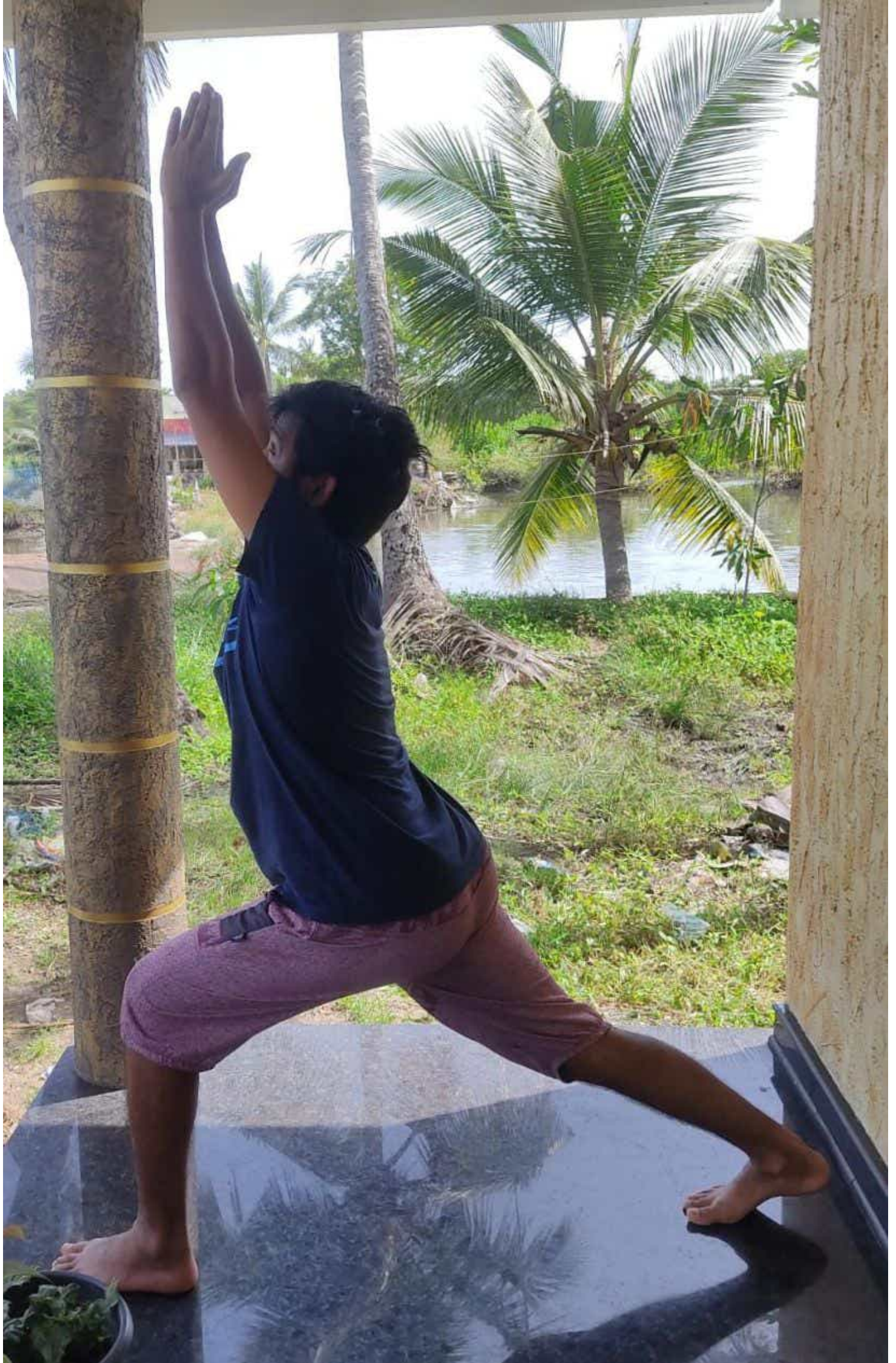










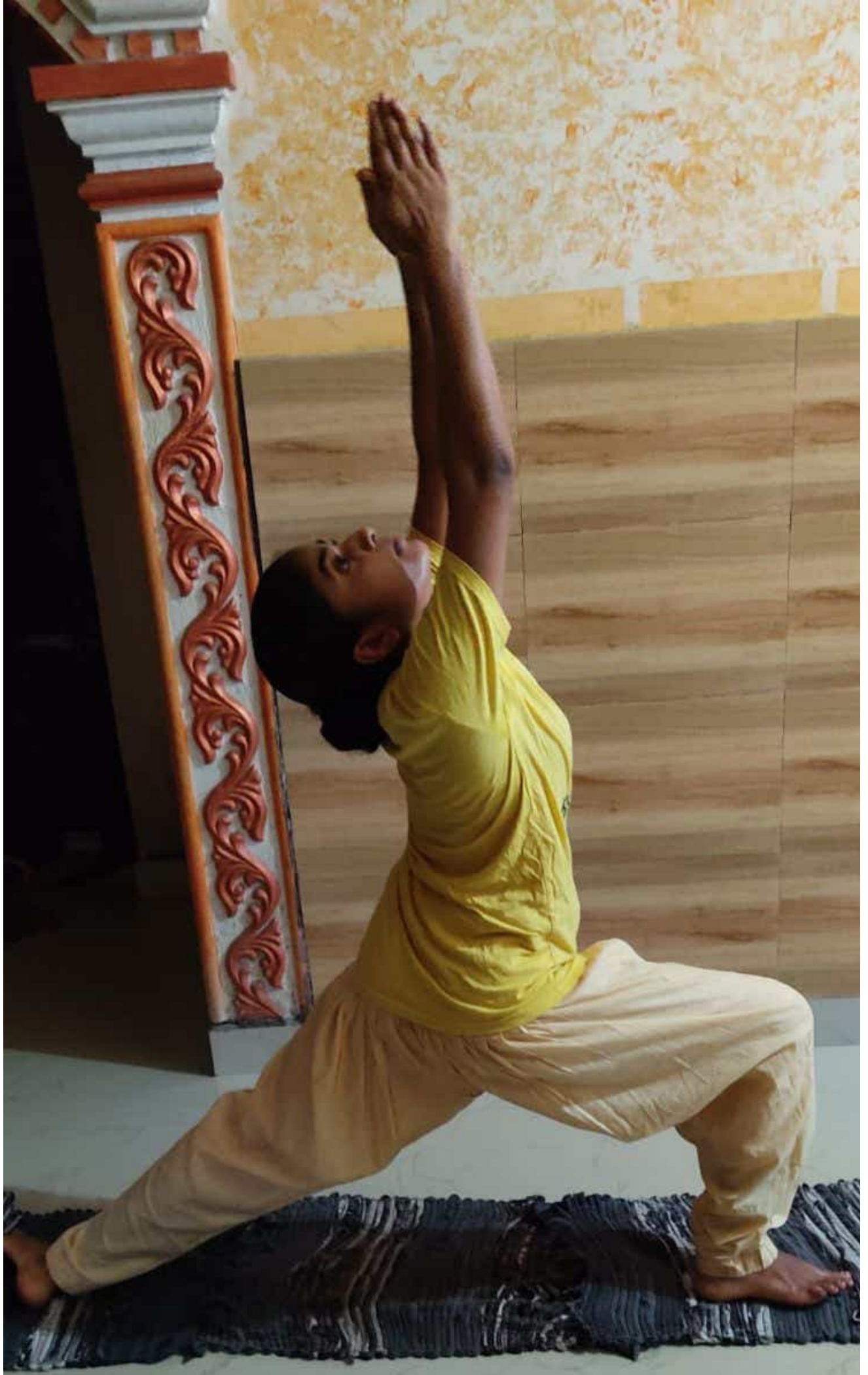


















PASCHIMOTTANASANA

































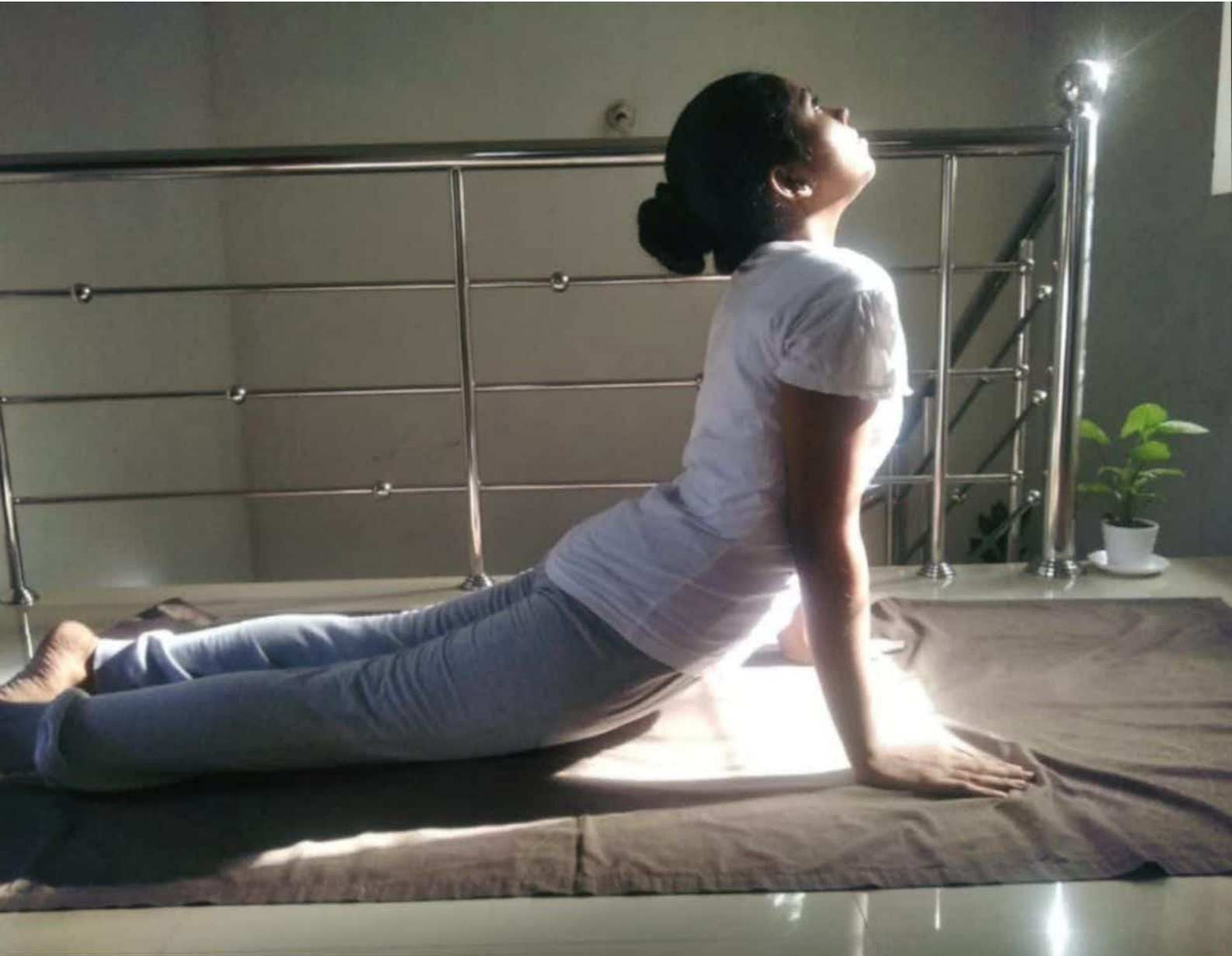




TRIKONASANA

















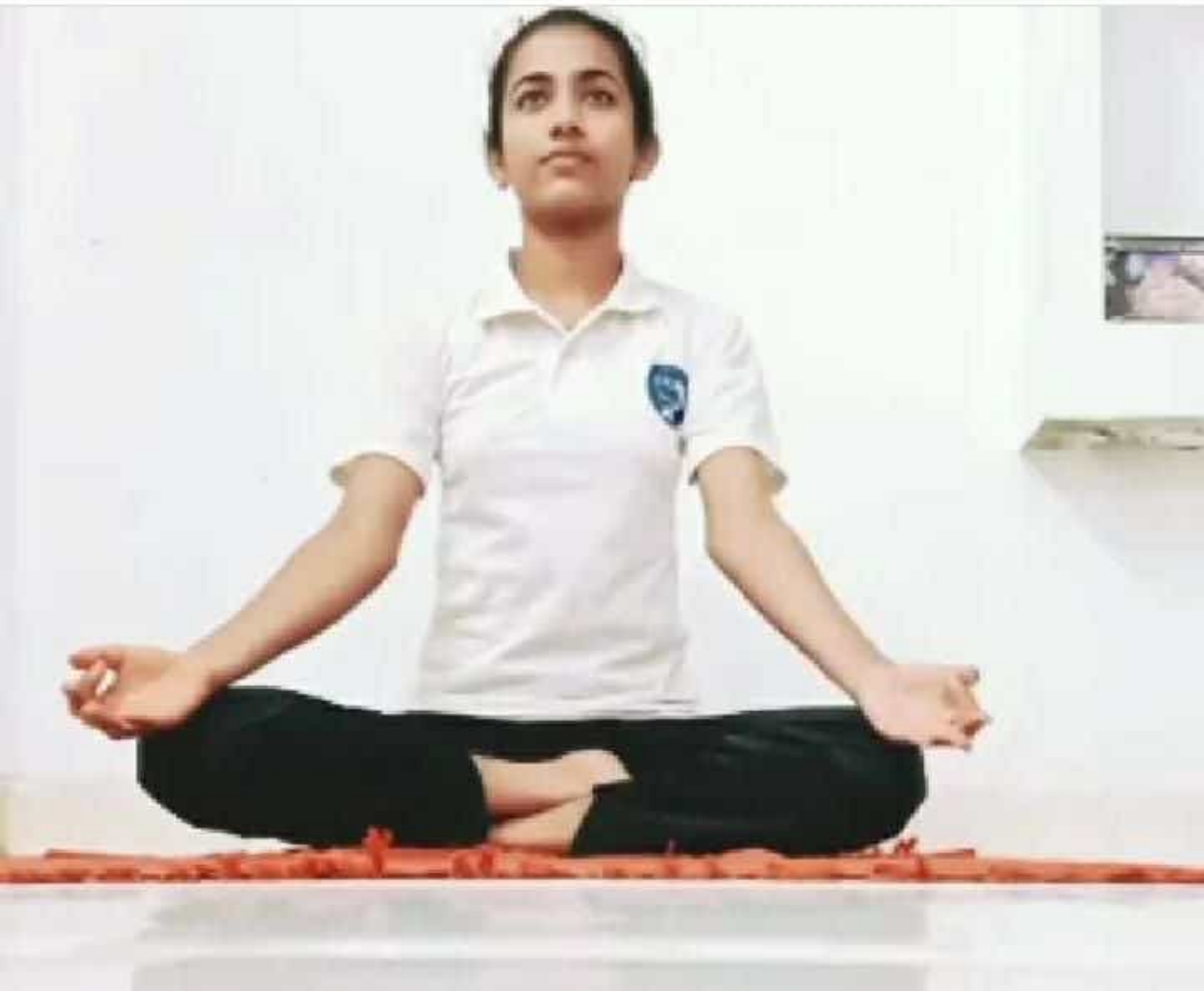








BHUJANGASANA



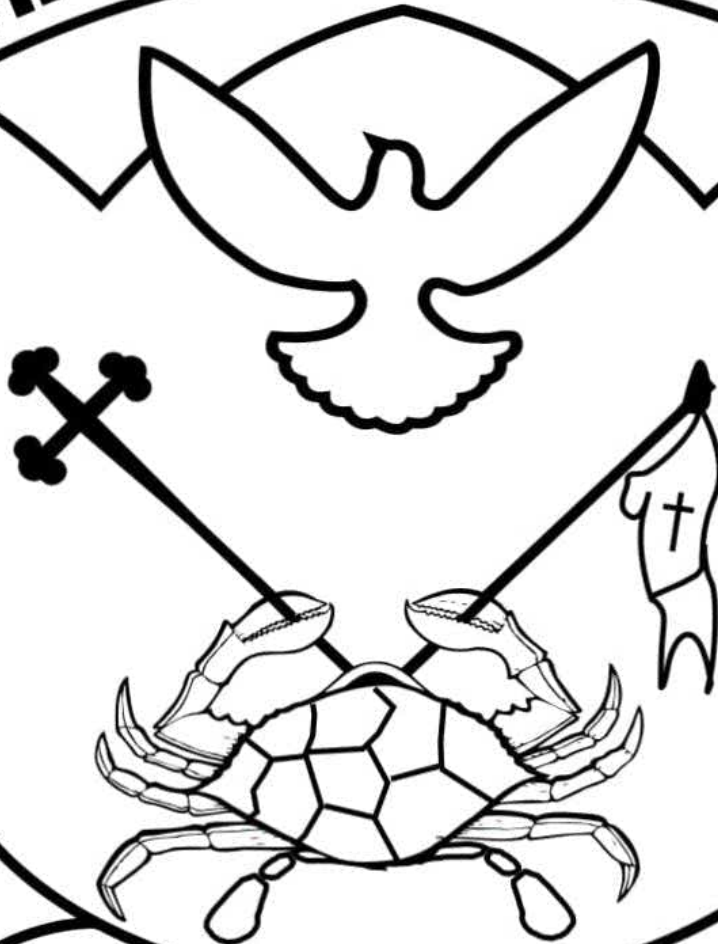




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LEAD KINDLY LIGHT