



Focus on... Sanskrit and Yoga

#8

Sudhama is...

the only Sanskrit daily newspaper in the world. The newspaper has been published since 1970 from Mysore in Karnataka, India and is also available online.



[http://
sanskrit.epapertoday.com](http://sanskrit.epapertoday.com)

Did you know...

The word Yoga comes from a Sanskrit word meaning Union. Our physical practice helps us to connect the mind and body, using our breath as the bridge between the two.

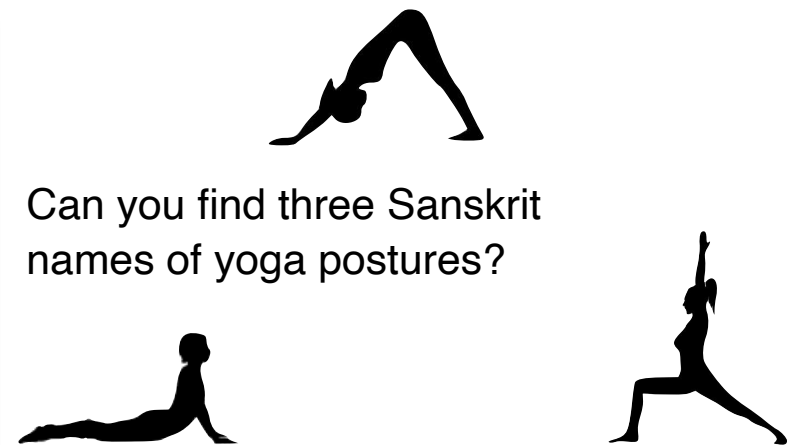
योग

Go explore...

Why do we do the Sundance at the beginning of our Asana practice?

Can you find out what the Sanskrit name for the Sundance is?

Picture this...



Can you find three Sanskrit names of yoga postures?