



Focus on... Yoga & Sanskrit

#132

Yoga facts...

Yoga has 84 basic poses.
(Asanas)



Did you know...

The Panchatantra is an ancient Indian collection of interrelated animal fables in Sanskrit verse and prose, within a frame story.



Go explore...



Who is known as 'The Father of Linguistics'?

Picture this...



One of the best known Yoga poses is Tree Pose (Vrksasana). Imagine yourself growing roots out of your balancing foot into the earth and stretching your branches up to the sky. Can you do 5 breaths without wobbling?

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