



Focus on... Yoga and Sanskrit

#162

On this day...

In 2011 Miss McDonald had just started training to be a yoga Teacher. Yoga teachers have to study not only all about yoga but all about how the body works and know all the main muscles and bones.

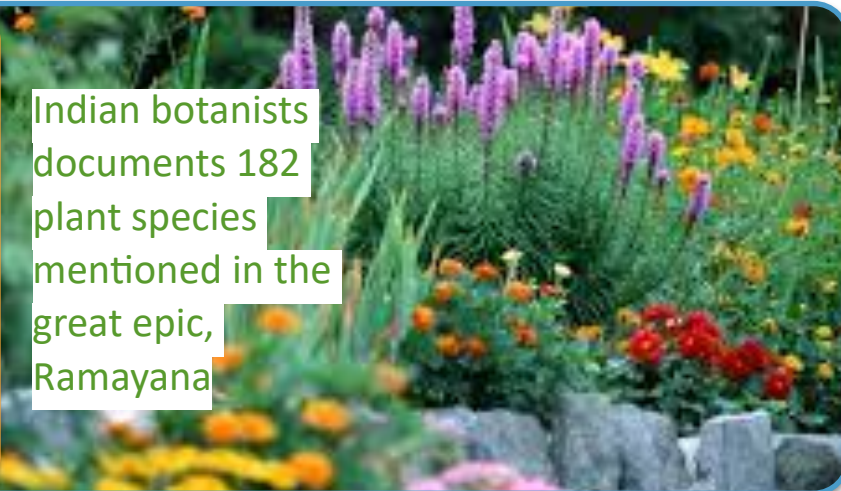
Did you know...



One of the first yoga teachers in the UK was a teacher called Yogini Sunita (arrived in 1960) and she brought her teachings from her home in India.

Go explore...

Indian botanists documents 182 plant species mentioned in the great epic, Ramayana



Picture this...



The great bridge built during Raam's period, connects India and Srilanka, called Raam Setu.

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