



Focus on... Yoga and Sanskrit

#189

On this day...

In 2004 Britain saw its first Doga class where people could practice Yoga with their pet.



Did you know...

Shvan - is the Sanskrit word for dog.

We all know the yoga pose Downward facing dog - Adho Mukha Svanasana. There is also a pose called Upward facing dog. It is a little like the cobra (snake pose) but with the legs lifted off the mat. (see below).

Go explore...

One of the biggest health benefits of Gayatri mantra is that it improves the immunity of the body. Go explore and find out more.

Picture this...



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