

Namaskar!

Ready to feel stronger, calmer, and more focused?

Let's learn 5 simple and powerful Yoga Asanas with us — MY Bharat Volunteers!

Together

Format: 2 youth per asana – one performs, one explains

Background music: Upbeat instrumental or soft Indian fusion (will add in editing)

1. Surya Namaskar (Sun Salutation)

[Performer starts flowing into the Surya Namaskar sequence]

Narrator:

Start your day with energy! Surya Namaskar boosts blood circulation, sharpens focus, and improves metabolism.

2. Vrikshasana (Tree Pose)

[Performer stands in Tree Pose, hands in namaste]

Narrator:

Stay grounded and balanced! Vrikshasana helps improve posture, strengthens legs, and builds concentration.

3. Bhujangasana (Cobra Pose)

[Performer lies on stomach, then lifts chest into cobra]

Narrator:

Feeling tired from long screen time? Bhujangasana stretches the spine, opens the chest, and boosts mood. Great for back pain relief too!

4. Warrior Pose (Virabhadrasana)

[Performer stands with legs wide, one knee bent, arms stretched out, gazing over front hand]

Narrator:

Stand tall like a warrior! This pose builds strength in your legs and arms, improves balance, and fills you with focus and confidence.

5. Anulom Vilom (Alternate Nostril Breathing)

[Performer calmly sits, doing Anulom Vilom]

Narrator:

Calm the chaos. Just a few minutes of Anulom Vilom reduces stress, clears the mind, and enhances focus.

🌀 Final Line (Together):

"Stay fit. Stay focused – the Yoga way!"

#YogaForOneEarthOneHealth