

A Day with Yoga

Grade 5 & 6



A Day with Yoga

Yoga let us find,
A way to calm your mind.
Yoga is a pleasure,
It's our national treasure.

Yoga brings positivity,
Saying bye to the negativity.
Your health is improved,
It's technically proved.

Breath in, Breath out,
Removes all our doubt.
Let your inner peace shine,
That's all 'bout yoga



ARVI ASHISH CHAPANI

6 – A

4213

A Day with Yoga

A day with yoga,
We all must do.

A day with yoga,
Keeps our mind calm.

A day with yoga,
Sharpens our mind.

A day with yoga,
Will help us to shine high.

A day with yoga,
Keeps us healthy,

A day with yoga,
Prevents the harm.

A day with yoga,
Will help to succeed



VIHAAN SHAHABADI

6 – A

4155

A Day with Yoga

A day with yoga
Makes us fit.
It makes us happy.
It keeps us safe!

We get flexible,
Day by day.
We get our daily dose of energy,
To go out and play.

We get Calmer,
We concentrate,
It's our culture,
So let's celebrate



KAVISRI DEORAH

6 – A

3996

A Day with Yoga

A day with yoga,
Makes us healthy.
A with yoga,
Can make us fit.

Yoga is our culture.
Yoga gives us strength
Yoga makes us calm,
When e are in stress.

A day with yoga
Is all we need.
To keep u and me,
Safe Indeed.



KRISHIKA DEORAH

6 – A
4029

A Day with Yoga

Yoga helps us fine our way,
Refreshes us in every way.

It changes a mind,
Makes you kind.

It removes the negativity,
And adds positivity.

Remove the stress,
And cleans our mess,

Flexibility and confidence,
May change our day!



JANVI A MEHTA

6 – A

4235

A Day with Yoga

From stress to peacefulness,
And sadness to happiness.
Yoga gives you all,
It'll make sure you don't fall.

You don't have to run or play,
Just sit straight and pray.
Don't open your eyes until we say,
Keep going everyday.

Yoga is physical,
Let's us think practical.

Yoga originated in ancient India,
Not all truth comes from media



MITHRA ASHOK

6 – B

4017

A Day with Yoga

A way to calm your mind,
your true self you will find.

Breathing in the positivity,
Exhaling all the negativity.

It gives you almost everything,
At the cost of almost nothing.

So grab your mat and play music,
Do yoga that will add some magic.



TRISHA VIJAY VARU

6 – C

4038