

# A Day with Yoga

## Grade 7 & 8



# A Day with Yoga

For meditation and peace of mind,  
You won't find any better time  
Yoga not only done for health,  
It is also a skill for wealth  
Flexibility, not many have,  
But try it and you will do fab.  
Practice, which is done for free,  
Can be done by you within the count of three  
YOGA - a skill you should learn,  
Is difficult but also very fun  
Practice, meditation, flexibility,  
All of these are a necessity.



GNANADA MUNNANGI

7 – A

3820

# A Day with Yoga

Yoga is india's treasure,  
Sport that gives you pleasure.  
Yoga helps you calm your mind,  
True positivity it helps you find.

So many asanas to do,  
Protects you from illness and flu.  
Yoga is easy to learn,  
A way to get yours calories burnt.

Yoga is really cool,  
You can also learn it at school.  
In the end I would like to say,  
Yoga is a great way to start your day.



NIRALYA M

7 – B

3834



# A Day with Yoga

Slow and steady hold the pose,  
Yoga flows from head to toe.  
I feel so calm,  
I don't feel low.

Shivers in my spine flow through,  
With colour in my eyes.  
Feeling so bright,  
Trying to cross the limit of the skies.

A day with yoga so energetic,  
Getting a chance to see the sun,  
I feel the extraordinary vibe,  
It keeps preparing me for the peaceful run



NIRJARA KOTHARI

7 – C  
4182

# A Day with Yoga

Yoga is bending,  
Yoga is still.  
Yoga is balance,  
With power and will.

Yoga is breathing,  
Slow and deep.  
Yoga is silence,  
Mind in the leap.

Yoga is all about focus,  
Our body and mind.  
Yoga is discipline,  
Peace you will surely find.



NIYATI KOTHARI

7 – C

4178



# A Day with Yoga

Wake up slow breath in the sun  
The day of peace has just began  
No rush, no race, no noisy crowds,  
Just silent strength that makes us feel so proud.

I roll my mat ,sit up straight  
Close my eyes and feel so great.  
Stretch and bend, nice and slow  
Let my thoughts come and go.

First the stretch, then the cobra pose,  
Feeling so calm from head to toe.  
Breathing in, I feel the light,  
Breathing out, feels so right.

As the day moves on,  
Yoga brings out the best in me.  
Strong and calm, mind so clear,  
Yoga stays with me throughout the year



PRAGYA KAMAL THUMMAR

7 – C

4108

# A Day with Yoga

Yoga gives you peace of mind,  
Very important for humankind.  
It gives you energy and flexibility,  
One of the best inventions of humanity.

As you meditate deep in your mind,  
You will find the answers no one can find.  
The vedic masters invented it,  
And through practice generations passed it.

Yoga helps you focus and concentrate  
Practicing it is never too late  
All I've got to say that yoga is nice,  
The best practice of everyday life.



S.RIYA SHRI

7 – C

4053



# A Day with Yoga

Sunrise greets with a gentle glow  
I stretch and breathe, nice and slow.  
Balance, peace, and calm I find,  
Leaving all my stress behind.

A pose, a breath, a peaceful song  
With yoga, my heart feels strong.  
One quiet hour, just for me,  
A day with yoga sets me free.



DEVANSHI NAVIN

7 – C

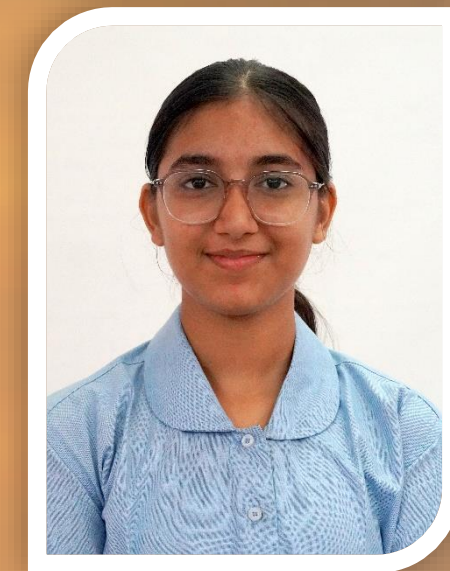
4222



# A Day with Yoga

Take a deep breathe in and breathe out,  
Spread your mats and don't you slouch.  
Sit erect and close your eyes,  
Try and put yourself above all the lies.

Stand still and try not to move,  
Your strength and patience is all you've got to prove.  
A boon so powerful for you to play,  
Imagine having a body, as flexible as a day



DEVANSHI DROLIA

8 – A

4088

# A Day with Yoga

Twist your body,  
Turn and roll.  
Everything is going to be fine,  
Just stretch some more.

Make your body flexible,  
To stay fit and fine.  
Even if you find it hard,  
You'll ace it with a calm mind.



NAKSHATRA GAVASKAR

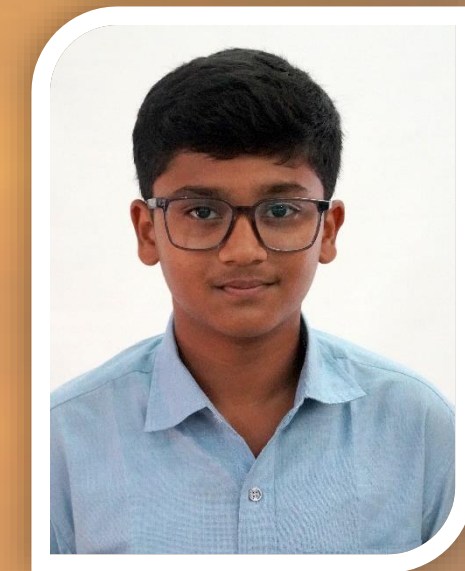
8 – A

4049

# A Day with Yoga

When the mind and body aligns,  
You feel the peace and calmness.  
Not only for health, but a change,  
For steadiness and some positive gains.

If you feel lonely,  
Take up this task.  
It is never too late to start,  
Let's all together bask.



V.SUSHRUTH REDDY

8 – B

3833



# A Day with Yoga

A day of yoga,  
A day filled with joy.  
A day to stretch your body,  
A day to have fun and enjoy.

A reminder to stay fit,  
A reminder to stay fine.  
A reminder not to quit and sit,  
But to stand up and stand.

Yoga is the best,  
You'll have a lot of fun,  
Take out some time,  
It will prepare you for a peaceful run.



SAHANA HARIHARA

8 – B

3783

# A Day with Yoga

Yoga is a relaxing play,  
Stretch across and down you lay.  
Be it some asana or some exercise,  
Let us all together rise.

Early morning yoga makes me fresh,  
Before I bath and get dressed.  
It's all about the breath and stance,  
Just like a new pose or an energetic dance.



PRANAV PATEL

8 – B

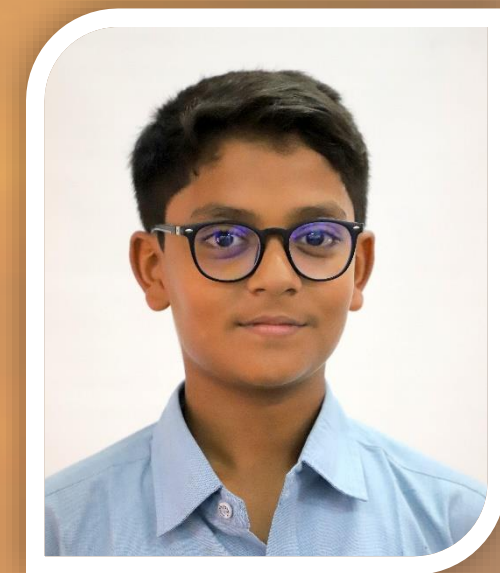
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# A Day with Yoga

Yoga is not about asanas,  
It is about controlling mind.  
Calm your body and soul,  
Listen to whispers and feel whole.

You is like your friend,  
Wish tells the bad and good.  
It surely can make your body stay strong,  
And fill you with happiness all along.

I will help decide what is right,  
It will be your best friend.  
It will surely be a guiding light,  
It is just some time you have to lend.



SHREEJU AGRAWAL

8 – B

3919



# A Day with Yoga

Yoga, the master of peace,  
Many poses done with ease.  
So many they are,  
We get the best experience to share.

From stretching to meditating,  
From posture to lifting.  
Do yoga for one day,  
And find your own way.



VRITTEE FOGLA

8 – B

3809

# A Day with Yoga

From when i wake up,  
Till when i go to sleep.  
It is not just an exercise,  
The history goes very deep.

Yoga is just a four lettered word,  
But acts as a major sword.  
Not only helps us calm our mind,  
It makes us soft and kind.

From surya namaskar till savasana,  
We move and concentrate,  
From meditation till breathing,  
We sit and meditate



P.ADIRA CHELLAM

8 – B

3939

# A Day with Yoga

I woke up from my bed,  
Feeling excitement in my head.  
So i decided to try yoga,  
As they say “Yoga se hi hoga”.

I did the asanas till sunrise,  
After a little break it felt nice.  
I did definitely have fun,  
I prepared myself for the long run.



ARNAY MAHAVIR GOLECHA

8 – B

3982

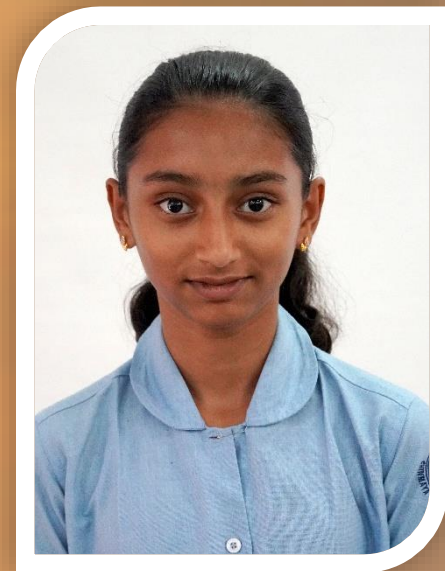


# A Day with Yoga

Not like any other day,  
I decided to try another way.  
This time for yoga with spirit,  
I have decided to cross my limit.

I started off meditating,  
I felt like i was levitating.  
It felt very peaceful,  
Like a dancer who is graceful.

Instead of stressing about tests,  
I was breathing and giving my body some rest.  
So i am going to do this everyday,  
I won't stop no matter what people say.



DAKSHA GOPAGONI

8 – B

4024

# A Day with Yoga

A day of yoga gives me peace,  
It opens my mind and think with ease.  
Sometimes I thought I might fall,  
I'll get up back, strong and tall.

Yoga is a habit you've made,  
And let our worries slowly fade.  
Every breath that you release,  
You will feel like walking through the path of peace.



SHOURYA AGARWAL

8 – B

4167



# A Day with Yoga

A day with yoga so calm,  
Sitting in the right posture, placing our palm.

Meditating and relaxing whole day,  
Making memories which will forever stay.

Improving focus, maintaining health,  
This is the only and real wealth.

Twisting and turning as we feel,  
This is the best over lasting zeal.

This day will be enjoyed forever,  
We can do it whenever.



YUVIKA AGARWAL

8 – C

3989



# A Day with Yoga

A day with yoga,  
A stretch not enough.  
A day with yoga,  
It's not so tough.

A day with peace,  
Puts our body at ease,  
No more worries,  
And no more hurries,

We start with Surya namaskar,  
And end with Chandra namaskar,  
A day with Yoga,  
Is a day with peace



NISHITHA POKURI

8 – C

3837

# A Day with Yoga

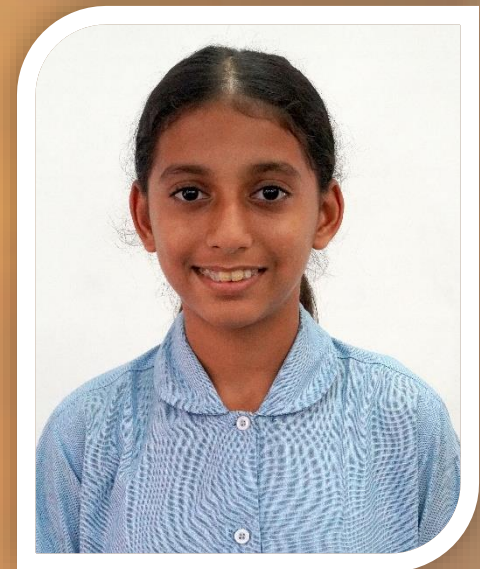
Health, fitness and meditation,  
Are the main aspirations.

Different asanas and calmness around,  
If you meditate deep, god may be found.

Every stretch or each bend,  
Has a benefit it will lend.

A day may feel small,  
But the memory is what stays after all.

So keep practicing and cherish,  
Or soon you will definitely perish.



ARADHYA ASHISH SARAF

8 – C

4019