

YOGA DAY



NIRMALA MEMORIAL FOUNDATION'S
NORTH STAR
INTERNATIONAL ACADEMY
Discovering Direction with Determination



Breathe. Stretch. Unite.



Yoga: India's gift to the world.



Health, Harmony, Happiness.



Every body can do Yoga.



Bending minds and bodies in balance.



One breath, one world.



Together on the mat.



Voices of inner peace.



Gratitude in every pose.



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