



## **RYAN INTERNATIONAL ACADEMY, Hinjewadi**

**Circular No: RIAH/012/AY 2022-23**

**Date:19/06/2022**

**Dear Parents,**

Greetings from Ryan International Academy, Hinjewadi !

**“ Yoga is the journey of the self, through the self, to the self.”**

Yoga has its base from the ancient Indian language Sanskrit; Yuj’ meaning ‘union’. It implies the meaning of unifying the mind, body and soul. Since 2015, International Yoga Day is celebrated every year on June 21<sup>st</sup> .The United Nations has marked the day to raise awareness about the many benefits of practicing Yoga for people all over the world. The date was chosen because June 21 is the longest day in Northern Hemisphere. It is also a day to honour the musicians and singers for the gift of music they have bestowed upon us.

Ryan International Academy, Hinjewadi is celebrating International Yoga Day and World Music Day on June 21<sup>st</sup> , 2022.

We have interesting activities lined up for parents and students to commemorate the day.

**We invite interested parents to fill in the google form to participate in**

- 1. Musical Yoga Session in partnership with Furtados School of Music, Baner.**
- 2. Zumba, a form of aerobic fitness exercise based on Latin American dance rhythms.**
- 3. Yoga asanas for stress management.**

**<https://forms.gle/TZ1Ai9NbquuRBaNXA>**



## RYAN INTERNATIONAL ACADEMY, Hinjewadi

Time- 6:00 am to 7:00 am

Reporting time-05:45 am

Venue-RIAH

Dress code- Clothing that will not restrict movement/yoga pants/long fitted tops.

A humble request to carry your personal yoga mat.

For Ryanites we have '**Meditation with Vibration**', which will be conducted during school hours.

Let us learn and practice this wonderful way of living a healthier life!

**Best Regards,**

**Sonika Kochhar Girotra**  
**Principal**