



**P. P. SAVANI CAMBRIDGE INTERNATIONAL SCHOOL**

Mota Varachha, Abrama Road, Surat -394150

CAIE Centre No :- IN575 Phone :- 9909991024/34

**PPSCIS/26-27/CIRCULAR/P-012**

**Date: 17/06/2026**

Dear Parents,

**Greetings!!**

This global event highlights the importance of yoga and its positive impact on physical, mental, and emotional well-being.

To commemorate this occasion, we are celebrating **International Yoga Day on 21st June 2026**. As it falls on a Sunday, the celebration will be conducted virtually, allowing you to participate from your home or residential society.

We encourage all students to actively take part by following the tasks mentioned and completing the activities as per the given guidelines to make this day meaningful and special.

Yoga helps in relieving stress, improving flexibility, and enhancing concentration, making it highly beneficial for students of all age groups.

Students and parents are requested to refer to **Attachment 1** and follow the instructions carefully. Kindly take photographs of **any three yoga asanas** and tag us on Instagram and Facebook using the following hashtags:

#YogaDay #PPSavani #InternationalYogaDay #PPSavaniSchool #YogaForLife  
#PPSavaniCambridge #HealthyMindHealthyBody #PPSavaniCIS #YogaEveryday  
#SavaniSchoolLife #YogaPractice #PPSavaniStudents #StayFitStayHealthy  
#SavaniCambridge #Mindfulness #PPSavaniActivities #WellnessJourney  
#PPSavaniEvents #YogaInspiration #PPSavaniYoga #FitnessGoals  
#SavaniWellness #InnerPeace #PPSavaniFamily #YogaAtSchool  
#PPSavaniCommunity #StudentWellness #PPSavaniPride #SchoolActivities  
#SavaniLearners

**While tagging the school on social media, students are requested to mention their Full Name and Grade/Class in the caption.**

**Event Details:**

**Date:** 21st June 2026

**Time:** 9:00 a.m. sharp

**Venue:** Your home or residential society



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**Instructions:**

- Students must have their own yoga mat and water bottle.
- Students are required to wear a white T-shirt and PE track pants.
- Parents are warmly invited to participate along with their child.
- Parents are requested to wear white attire to maintain the spirit of the event.

Let us come together as a school community to celebrate the ancient practice of yoga and embrace a healthier lifestyle.

We look forward to your enthusiastic participation for a morning of harmony, balance, and inner peace.

**Thanks & Regards,**

**Principal**

**Ms. Chetna Patel**

**Attachment:**

| Poses                                                                               | Instructions                                                                                                                                                                                                                                                                                                                                                                                                            |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <p> <b>1. Tadasana (Mountain Pose)</b></p> <p><b>How to do:</b><br/>Stand straight, keep feet together, arms at sides, and breathe deeply.</p> <p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>• Improves posture and body alignment</li> <li>• Increases concentration</li> <li>• Strengthens legs and core</li> </ul> |
|  | <p><b>2. Vrikshasana (Tree Pose)</b></p> <p><b>How to do:</b><br/>Stand on one leg, place the other foot on the thigh, and balance.</p> <p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>• Improves balance and stability</li> <li>• Enhances focus and concentration</li> <li>• Strengthens legs</li> </ul>                                                                                              |
|  | <p><b>3. Adho Mukha Svanasana (Downward Dog)</b></p> <p><b>How to do:</b><br/>Form an inverted "V" shape with your body using hands and feet.</p> <p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>• Stretches whole body</li> <li>• Strengthens arms and legs</li> <li>• Improves blood circulation</li> </ul>                                                                                           |



#### **4. Bhujangasana (Cobra Pose)**

How to do:

Lie on your stomach, lift your chest upward using your hands.

Benefits:

- Strengthens spine
- Improves flexibility
- Reduces stress and fatigue



#### **5. Sukhasana (Easy Pose)**

How to do:

Sit cross-legged with straight spine and calm breathing.

Benefits:

- Promotes relaxation
- Improves focus
- Helps in meditation



#### **6. Setu Bandhasana (Bridge Pose)**

How to do:

Lie on your back, lift hips upward forming a bridge.

Benefits:

- Strengthens back and legs
- Improves blood circulation
- Reduces anxiety