

Embassy of India
Thimphu

Yoga - A unique way to relax during times of stress

The world is going through extraordinary times and people are facing unprecedented circumstances due to the outbreak of Coronavirus. Self-isolation, quarantine and lockdowns are the buzzwords of the day.

In the current times of crisis, yoga presents a unique way to build up body fitness, relieve mental stress and unify the spirit of body and mind.

Prime Minister of India Shri Narendra Modi has recently tweeted about a number of animated 3D videos of himself doing 16 different asanas that have been posted on his YouTube channel. Vajrasana, Tadasana, Bhadrasana, Ardha Chakrasana and many more asanas are posted at the link: <https://www.youtube.com/playlist?list=PLBG6UuYpOcTtJuejaJLPYjhEcjdsLRWGY>



While stating that he is 'neither a fitness expert nor a medical expert', Prime Minister Modi has added that "Practising Yoga has been an integral part of my life for many years and I have found it beneficial. I am sure many of you also have other ways of remaining fit, which you also must share with others."

In this background, the Embassy of India has commenced online yoga classes through the Facebook page of 'India in Bhutan' Facebook Live from 1 April 2020 at 0830 hrs five days a week, Monday through Friday.
