

Interhouse Yoga Competition

"Yoga is the journey of the self, through the self, to the self."

Little Flowers International School held an inter-house yoga competition. Students from different houses took part, showing their yoga skills with great flexibility and balance. The event aimed to promote health and relaxation. Judges scored the performances based on how well the poses were done. The competition encouraged all students to keep practicing yoga for better health.

RESULTS-

FIRST POSITION	Jasmine
SECOND POSITION	Daisy & Lotus
THIRD POSITION	Pancy



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