Kids practicing yog asanas at Shiva Yog Sadhana Kendra

Children at Shiva Yog Sadhana Kendra Nepal demonstrating Yog asanas to celebrate International Yoga Day on Thursday.

Shiva Yog Sadhana Kendra, which is located at Madyapur Thimi, Bhatgaon, internalizes the benefits of yoga practice, taking it to the kids who are the gems of our existence.

Yoga is a life style, and people who want to do Yoga must also change their lifestyle and their relationship with food.