

# The D. P. Y. A High School/ celebrates



INTERNATIONAL  
**YOGA DAY**

Friday, 19<sup>th</sup> June 2026



"Little bodies,  
big stretches,  
happy hearts."





**“Yoga stretches the body, expands the mind, and frees the spirit.”**





*"Bend, breathe,  
and believe in  
yourself!"*



"Breathe in the sunshine, stretch up to the sky!"





*"Every stretch  
is a hug for  
your body."*



A silhouette of a person in a yoga pose (Padmasana with arms raised) is centered on a large rock in the foreground. The background features a sunset over the ocean with waves breaking. The sky is filled with soft, golden light and scattered clouds. The overall mood is peaceful and contemplative.

**THANK YOU**