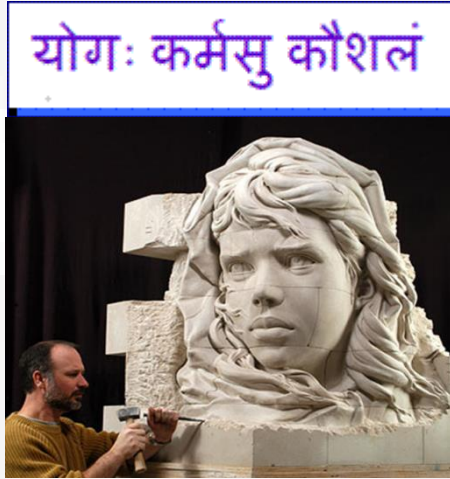


# *“Yoga is Skill (Excellence) in action”*

*“Yogah Karmasu Kaushalam” in Sanskrit*



Excellence can be achieved only when body, mind and heart work together in full harmony. Success and quality suffers if the synchronization is not maintained. In every task we do, our thinking, feeling and action must be in the same direction. Knowledge when put into practice leads to skill. Skill in action which is yoga, leads to success.

