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Posture, breathing and peace

At top, Dr. Raj Kumar, left, spoke with Dr. Akshatha Akshatha and Elizabeth Mager of the group Aloha Natyam after they performed a traditional dance Sunday during the seventh annual celebration for International Yoga Day at Kapiolani Park. At left, participants performed yoga asanas, which are physical yoga postures. The event was held in collaboration with the Gandhi International Institute for Peace and included yoga asanas, breath exercises, meditation, cultural dances and sound healing, creating a space for connection and renewal.

