

# **Yoga**

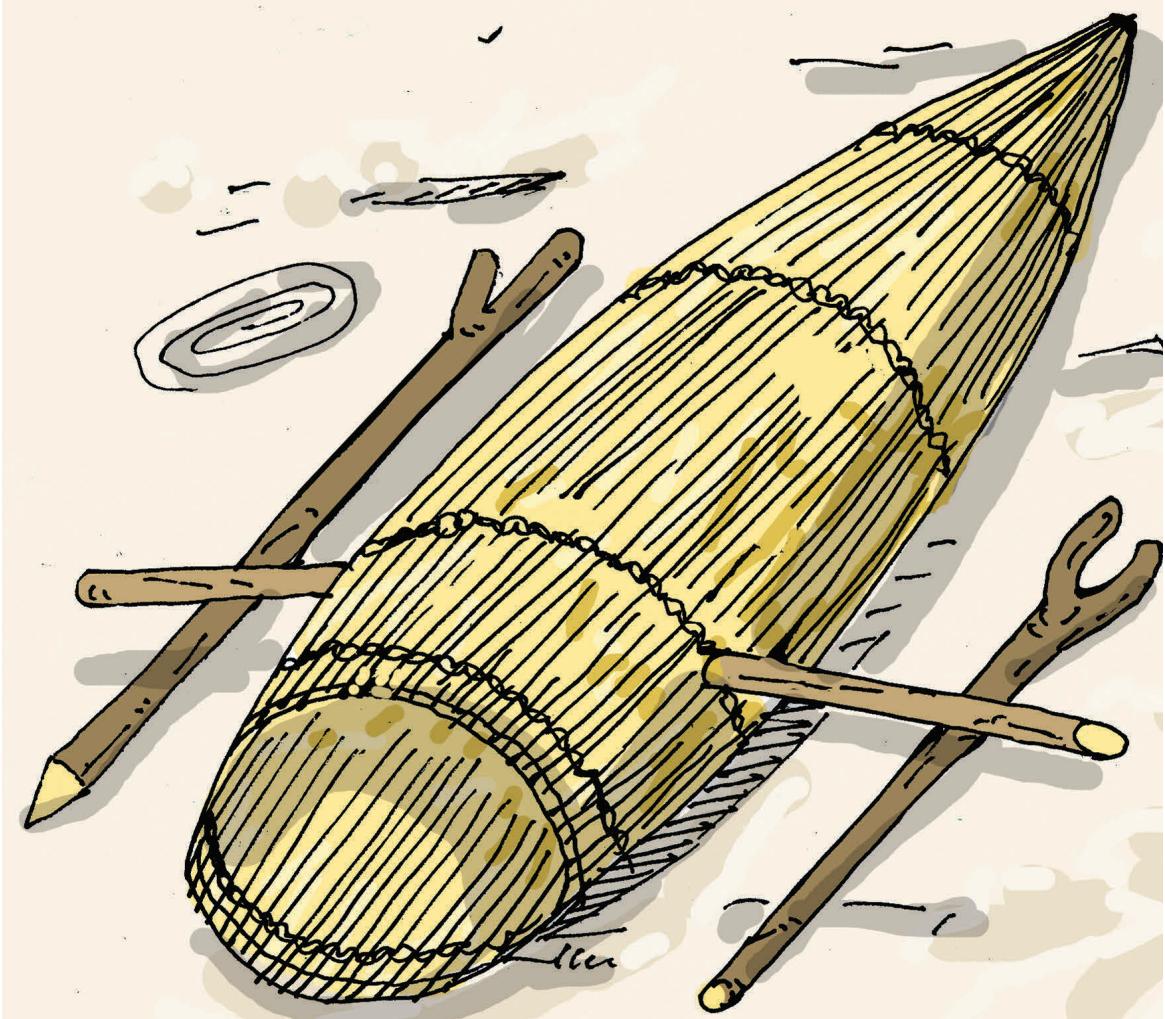
## **Echuwabo**



REPÚBLICA DE MOÇAMBIQUE  
MINISTÉRIO DA EDUCAÇÃO E  
DESENVOLVIMENTO HUMANO



**USAID**  
DO PVO AMERICANO



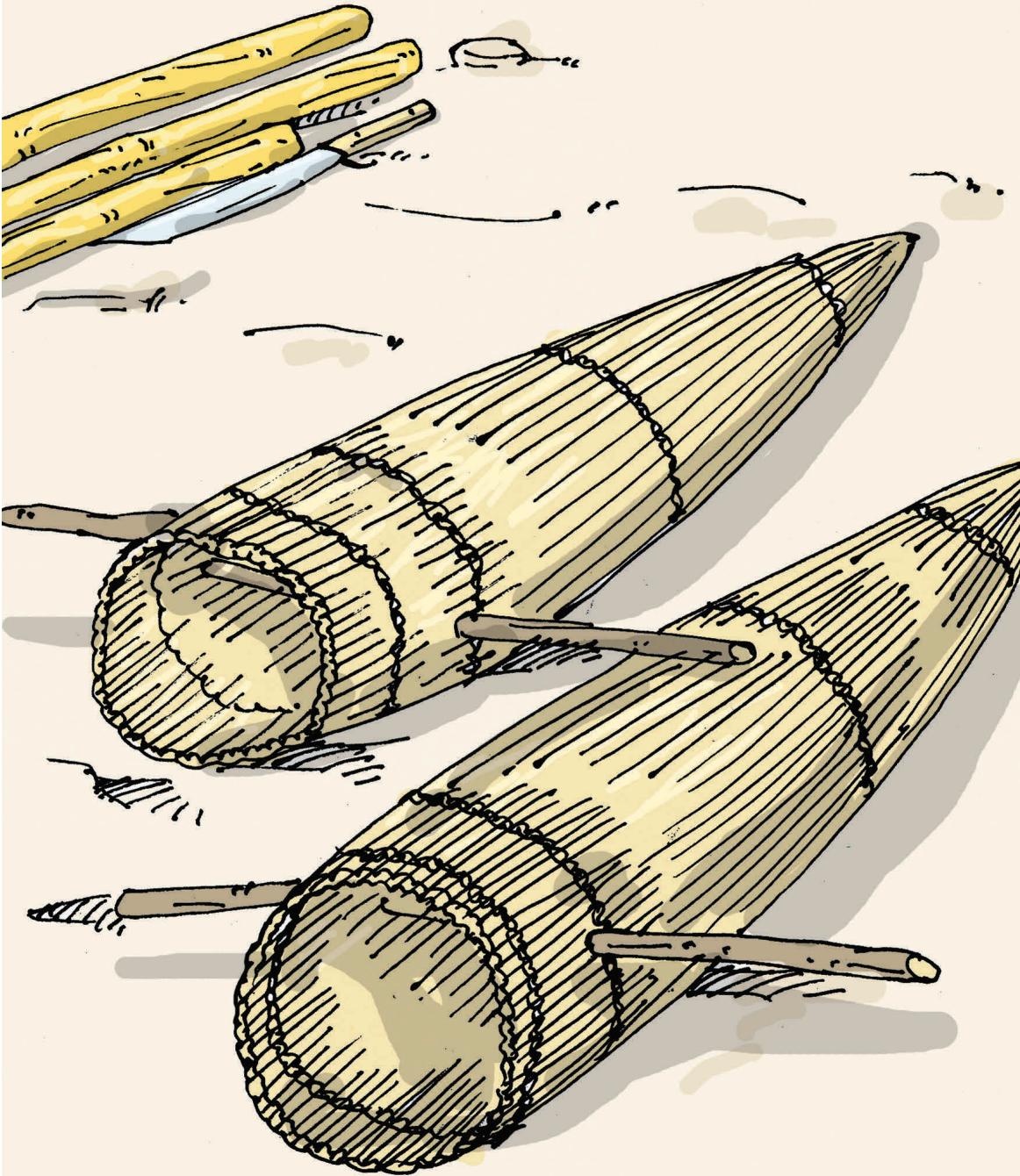
**Yoga.**



**Ayima ali vatakulu.**



**Ayima anoluwa yoga.**



**Yoga yaderetu.**



**Yoga en opa oba.**



**Awene anodhowana  
muthathi.**



**Yoga epa oba.**



Iyo nigula oba.



**Ayima ali vamusika.**

