

HEALTHY LIVES ...

The fourth edition of the international yoga day 2018 was celebrated last week Saturday at the Eros Primary School in Windhoek with much enthusiasm. Deputy minister of international relations and cooperation, Christine //Hoëbes and mayor of the City of Windhoek Muesee Kazapua in action at the sport field. Yoga is very important for healthy living, especially for people with high blood pressure, heart disease and diabetes.

Photo: Henry van Rooi

