

Day-6 Activity Class –I (28-9-16)

Topic-RHYTHMIC YOGA

The students of class-1 presented various forms of classroom based exercises and yogic asana. It was very well explained to them that they can derive enormous benefits from yoga. Physically it enhances their flexibility, coordination, body awareness as well as a sense of calmness and relaxation. Many videos were shown to them and after watching it children practiced the yoga asana. Synchronization, coordination and calmness are perfectly visible in the photographs. Children enjoyed the activity a lot and were familiar with the importance of yoga. They learned the new ways of energizing and relaxing their mind and body.

