

Summer Yoga Glow

Name **Vedant Bhardwaj**

Age **9 yrs**

WHAT WE LEARNED



50+

Yoga poses that made us strong, flexible and balanced.



10+

Breathing exercises that strengthened our lungs, calmed our minds and improved our focus.



15+






Yoga activities through which we improvised, used our bodies creatively, explored different cultures and built empathy

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SPICE Learning Progress

	BUILDING BLOCKS	EMERGING	PROGRESSING	WELL-DEVELOPED
SOCIAL 	Listening & Attention	★		
	Participation			★
	Communication			★
PHYSICAL 	Overall Fitness			💪
	Flexibility		💪	
	Balance	💪		
INTELLECTUAL 	Memory	🧠		
	Comprehension			🧠
	Focus		🧠	
CREATIVE 	Imagination			🌈
	Improvisation			🌈
EMOTIONAL 	Reflection			💜
	Self-awareness		💜	

Takeaways

Vedant has been very inquisitive, talkative and energetic during the Yoga sessions. His efforts at fearlessly attempting all asanas is very commendable. With continued practice of breathing exercises and relaxation techniques, Vedant will be able to improve his focus and attention. We wish him all the success in future!