

# Summer Yoga Stories

Name **Adwita Mangal**

Age **4 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 stories 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
<b>SOCIAL</b> 	Listening & Attention			★
	Participation			★
	Communication		★	
<b>PHYSICAL</b> 	Overall Fitness		💪	
	Flexibility		💪	
	Balance		💪	
<b>INTELLECTUAL</b> 	Memory		🧠	
	Comprehension			🧠
	Focus			🧠
<b>CREATIVE</b> 	Imagination	🌈		
	Improvisation		🌈	
<b>EMOTIONAL</b> 	Reflection		💜	
	Self-awareness		💜	

## Takeaways

Adwita is active and participative in each session. She has a very good memory and remembers all the poses very well. Her comprehension of body alignment, breathing and asana practice has improved tremendously and we strongly recommend that she continues to do Yoga. We are very proud of you Adwita!