

Summer Yoga Stories

Name **Tanav**

Age **8 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
SOCIAL 	Listening & Attention		★	
	Participation			★
	Communication			★
PHYSICAL 	Overall Fitness			💪
	Flexibility		💪	
	Balance	💪		
INTELLECTUAL 	Memory			🧠
	Comprehension			🧠
	Focus		🧠	
CREATIVE 	Imagination			🌈
	Improvisation			🌈
EMOTIONAL 	Reflection			💜
	Self-awareness			💜

Takeaways

Initially, Tanav needed quite a bit of motivation to get going but his progress has been amazing to watch. He has become a keen learner and is always willing to push his limits. Together, with Varshith we created an atmosphere of healthy competition and motivation for each other to become better. Thank you, Tanav for giving your body and amazing mind a chance to reach its capabilities!