

# Summer Yoga Glow

Name **Sahanaa**

Age **12 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
<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

Sahanaa is very knowledgeable about many concepts that we explored around yoga and nature. She is very independent and participated in all the Yoga activities that were conducted. Sahanaa is very confident of her physical abilities and would experiment with all the advanced yoga poses. I would have liked to see Sahanaa relax a little more especially during Shavasana. She was unable to come into Padmasana earlier but practised hard in order to achieve it. She is very determined, dedicated and committed. It was a pleasure teaching you Sahanaa. Well done.