

Summer Yoga Stories

Name **Idrisha Singh**

Age **7 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

Idrisha is very sincere, attentive, and full of energy. She at times goes beyond her limits to do difficult asana and will keep trying till she is not satisfied, this is the determination I see in her towards Yoga. She will be able to improve her flexibility, balance & focus as she keeps practicing yoga. All the best Idrisha for your Yoga journey. Keep it up!