

Summer Yoga Glow

Name **Sahanaa Vivek**

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

Summer Yoga Glow

Name **Sahanaa Vivek**

Age **9 yrs**

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

Sahanaa is very intelligent and creative. She is quick to pick up the various yoga poses and displays them very gracefully. She has a keen interest to learn new things and pays attention to minute details in the process to learn. Her mind is sharp and she has a strong will to learn and improve with every session! We wish her all the best in her journey of Yoga!