

Summer Yoga Glow

Name **Rishabh**

Age **10 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
SOCIAL 	Listening & Attention			★
	Participation		★	
	Communication			★
PHYSICAL 	Overall Fitness		💪	
	Flexibility	💪		
	Balance	💪		
INTELLECTUAL 	Memory		🧠	
	Comprehension			🧠
	Focus			🧠
CREATIVE 	Imagination		🌈	
	Improvisation		🌈	
EMOTIONAL 	Reflection			💜
	Self-awareness		💜	

Takeaways

Rishabh is very keen to learn and showcase tremendous involvement while learning. He was comfortable with pushing body limits and attempting difficult asanas. He displayed good communication during the reflection section of our sessions and co-operated well with his peer learners by showing high level of patience. We wish him all the best in his journey of Yoga!