



AVANTI COURT
PRIMARY SCHOOL

Excellence Virtue Devotion



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YOGA Newsletter

October 2017 Issue 1

Extra Curricular

At Avanti Court we recognise how this ancient practise benefits everyone. In addition to children's yoga, parents and staff attended classes last term, for some well earned rest and relaxation.



Kiran, mum of Sanil in Reception said that the classes provided a great way for her to start the day. She found the gentle stretches helped to ease discomfort in her back. After a long break from yoga practise, she was glad to attend a basic class.

YOGA NEWS

From next half term, we will be introducing yoga classes to EYFS!

The 20 minute sessions will include music, song and of course posture work.

All the postures have animal names so its very child friendly!



Welcome to the new half termly yoga newsletter.

Keeping you updated on yoga lessons, clubs and events at school.

Do you meditate?

Yoga translates as the union of body, mind and soul.

Whilst Hatha Yoga nourishes the body, Meditation nourishes the mind and soul.

Meditation helps children to focus, self regulate and feel calm. Essential qualities for successful learners!



International Yoga Day

A lovely reminder of our children performing yoga, whilst raising money for SOS animal charity in Sri Lanka, back in the summer.

We managed to raise £230, which went towards food and medicines for the dogs and cats.

Gratitude to all, for your donations.

