



AVANTI COURT
PRIMARY SCHOOL

Excellence Virtue Devotion



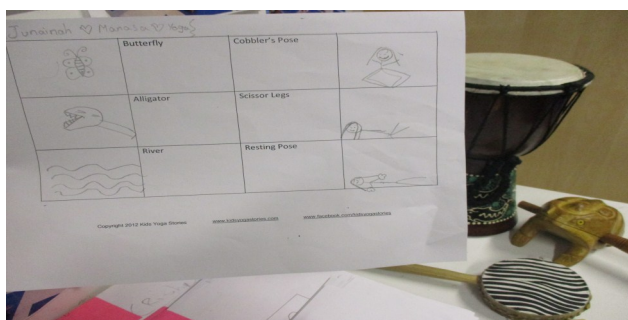
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Yoga Newsletter 3 Spring Term 2018



New Yoga Resources

This term we were able to purchase a range of yoga resources, including a Tibetan Singing Bowl and various musical instruments. These have proven to be invaluable tools, for enhancing posture work, relaxation and meditation practises. In addition to the enjoyment it brings, the singing bowl is believed to have therapeutic properties. It's vibrations are said to have a positive impact on the central nervous system, triggering a restful state of mind. The beaded cabassa is being used to encourage children to let go during an introduction to shaking meditation. This is said to energise the mind and body, by releasing prana (life force) all around the body.



During a recent IPC topic, Year 3 children enjoyed exploring **animals of the rainforest** further, in yoga. The ancient yogis found imitating an *animal's* skills an uplifting and enlightening experience. Hence, the wide number of postures with animal names. This photo shows how the children were able to record animal pictures and their associated postures. To extend their learning, the children linked poses to make a rainforest sequence. Physical activity improves cognitive function, so yoga was a great medium for reinforcing understanding about this super topic!

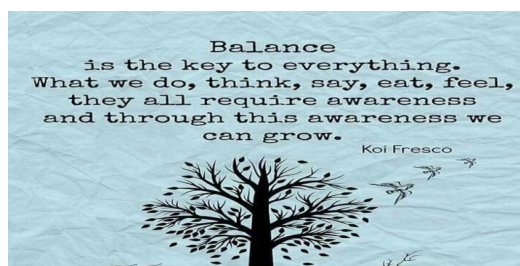
Yoga Club gives children the opportunity to refine their yoga skills and to explore technical postures further. Here, children in Year 4 enjoying showing how they have perfected Sarvangasana; the shoulder stand.



Jovan recently spoke about how he had been teaching his parents to perform the shoulder stand! What a super yogi!



Balance frequently features in yoga sessions at Avanti Court. Year 6 balanced boards on their heads during a meditation practice. They displayed their ability to employ stillness and focus to maintain balance.



September/October 2017