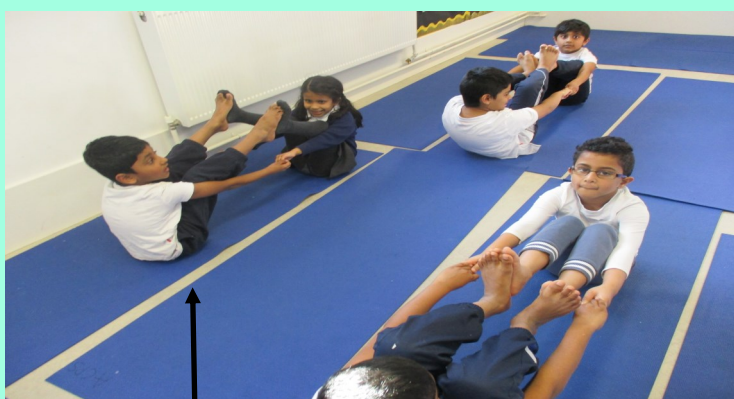




# AVANTI COURT PRIMARY SCHOOL

## YOGA Newsletter May 2019



We love to perform this partner pose, called 'Lizard on a Rock'.

One of us gets to flex their spine and the other gets to extend their spine.

We communicate throughout, to ensure we are both comfortable. This pose is very beneficial to each of our backs.



The partner Boat pose is tricky to perform. You have to engage your core muscles to help support your legs. You also have to push against your partners feet and pull their hands at the same time. There is a lot to remember but the pose feels great once you have mastered it!



Balancing techniques are practised regularly in yoga. We enjoy challenging ourselves with by walking along with yoga blocks on our heads. No hands allowed!

This improves not only our balance, but our posture too! Once we had mastered walking forwards, we then walked backwards. The final challenge was to walk with our eyes closed.

Do you think you could do this without dropping the block?

At Avanti Court, we recognise the importance of trust. In the 'Open Heart' pose, we trusted our partners to hold us safely. We understand that safety is paramount in yoga, so partner work is taken very seriously. Our partners always listen when we say stop!







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Stick (or Mountain ) pose looks easy. If you try to maintain this posture for a while it becomes challenging. You must keep your shoulders back, your spine erect and your pelvis centred. We have practised using mind power to overcome any urges to wriggle.

In Reception we love to use puppets, music and other props in yoga. We helped to tell the story of the Frog Prince this week.



Vrksasana (or Tree pose) is a firm-favourite yoga pose at Avanti Court. We practised individual and partner trees. In this photo, we are supporting each other in a whole class variation of Tree pose.



This lesson linked with our class story book 'Charlotte's Web'. First we learnt how to do the Spider pose. We then passed a ball of wool around the circle, criss-crossing from one side to the other. Finally, some of us tried to climb through the web,