

The Bishops School, Camp
Junior School
Class 3
The World Yoga Day



"Yoga is not about touching your toes, it's about what you learn on the way down." — Jigar Gor

On June 21st, the Junior School celebrated **World Yoga Day** with a special session led by a parent who was our yoga instructor. The parent, Mrs. Pooja Sethi, has been practicing yoga for a few years and also has a studio where she teaches yoga.

The session began with a brief introduction to the history and benefits of yoga, followed by a warm-up exercise that involved stretching and breathing. The instructor then demonstrated various types of yoga positions, such as the mountain pose, which helps to improve posture and balance, the tree pose, which strengthens the legs and core muscles, the downward-facing dog, which stretches the back and hamstrings, and the cobra pose, which opens the chest and lungs. The students followed along and practiced each position with care and attention, under the guidance of the instructor. The session ended with a relaxation exercise that involved lying down and closing the eyes, and a gratitude meditation that encouraged the students to appreciate themselves and others.

The students enjoyed the session and learned a lot about yoga and its positive effects on their physical and mental health. They felt more relaxed, energized, and focused after the session. The class 3 teachers and students thanked Mrs. Pooja Sethi for sparing her time to be with us and sharing her expertise to conduct the session and presented ma'am with a token of our appreciation.

Report by –
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