



# YOGA

## After School Program



Scan & Register

**Regist. Deadline**  
14th Jan

**Date & Time**  
TUE  
4:30 PM to 5:30 PM

**Grades**  
K, 1st, 2nd, 3rd

**Activity dates**  
14th January - 21st January - 28th January - 4th February - 11th February - 18th February -  
25th February - 4th March - 11th March - 18th March

## Yoga

### About the program

This onsite program will focus on learning the basics of Yoga.

Students will learn different postures and breathing techniques, while increasing their energy and relaxing their mind. Yoga is a physical, mental, and spiritual practice that originated in ancient India. It involves a combination of physical postures, breathing exercises, and meditation. The goal of yoga is to improve overall health and well-being, as well as to achieve a state of spiritual enlightenment. The physical practice of yoga, also known as asana, involves performing a series of postures or poses that are designed to improve flexibility, strength, balance, and overall physical fitness. These postures, which can be simple or complex, are typically held for a period of time and are often linked with breath control and meditation. The breath control practice, also known as pranayama, is an essential part of yoga. It involves the control of the breath through different techniques such as deep breathing, alternate nostril breathing, and retention of breath. Meditation, also known as dhyana, is a central aspect of yoga. It involves the practice of quieting the mind and focusing on the present moment, with the goal of achieving a state of inner peace and self-awareness. Nowadays, there are many different styles of yoga, such as Hatha, Vinyasa, Ashtanga, Bikram, Kundalini, and many more. Each style has its own approach and emphasis, but they all share the common goal of promoting health and well-being.

### Benefits & Goals

- Increases body awareness and mindfulness.
- Enhances concentration and memory, and improves school performance.
- Develops strength and flexibility.
- Helps to regain energy in a healthy way & safe environment.
- Boosts their self-esteem, mood, and sleep quality.
- Provides an opportunity to socialize with others and embrace a healthier lifestyle.

### Instructors & Academies