

St. Cecilia's Public School Yoga and Dance Session

“Yoga is the journey of the self, through the self, to the self.” – The Bhagavad Gita



Yoga and dance sessions were conducted in the Activity Hall of the school on 10th July, 2023, which lasted for one hour. The session was led by a certified yoga instructor and a professional dancer. The session was attended by all the staff members and was designed to help teachers improve their physical and mental well-being.

The session began with a brief introduction to yoga and its benefits, including stress reduction, improved flexibility, and increased mindfulness. The yoga instructor led the teachers through a series of gentle yoga poses, including Surya Namaskar, Butterfly pose, Singh Asan, TaarAsan and many more. The instructor encouraged the teachers to focus on their breath and to move mindfully through each pose.

After the yoga portion of the session, the professional dancer led the teachers through a series of dance exercises and Zumba. The dance included simple steps and movements that were easy to follow and was designed to improve coordination and balance, as well as provide a fun and energetic workout.

Overall, these sessions were a success. The teachers reported feeling more relaxed and energized after the session. They also appreciated the opportunity to learn new techniques for improving their physical and mental well-being.