

Yoga in School

This year we have included Yoga practice into the school curriculum. Our Yoga teacher Dina Dayala Mataji will be with us on Mondays and Fridays and will hold sessions for every year group.

Yoga is a fantastic tool for our students as it can help with stress, anxiety, emotions and general health. It is a great calming tool and the students seem to really enjoy it.

Here are some pictures from our first couple of classes.

