

Course Teacher:

Mr. Basso has been practicing yoga for over 5 years and has experienced first-hand the transformative power it can have. He believes that yoga is universal and can help children improve their well-being and focus by promoting mind and body awareness. In addition, the increased flexibility, balance and coordination they will develop can help them to relax and reduce stress in their increasingly complex lives.

Basic Information Overview

Year Group (s)	P1—P2
Teacher Source	Manuel Basso, BMH Teacher
Number of lessons	1 per week; 17 sessions in Term 2
Language	English
Venue	Kapok Dance Room (K406)
Class Time	Thursday, 3:45--4:45PM

Course Overview

Enrollment Criteria	Students who would benefit from Youth Yoga are those with an interest in movement, the natural world and exploring their bodies and inner-self.
Engage and Assess	They will be assessed on their ability to listen and participate in lessons by following basic movements, which will be practiced with the aid of games and stories.
Explore and Develop	Students will begin to explore a range of yoga movements connected to animals and nature, which they can use to create stories and a use as a form of self-expression. Mindfulness practices will be encouraged as a way to promote self-esteem and connection to the wider world around us.
Refine and Present	In the final weeks the children will be able to use the poses practiced to create their own story-sequence yoga flow to display their creativity through movement.
Parent Engagement Opportunity	Parents will be invited to see the final version of their yoga story-sequence through SeeSaw.
Others	Students should wear school sports uniform or comfortable clothes for Yoga CCA.

