

## HOME LEARNING PACK

### "Yoga with Yoga Paradise"

Here is a lovely message from the founder and teacher of "Yoga Paradise". Some of you would have met her at our last year's Mother's Day Pampering Session. Some of our nursery children will be familiar with the exercises on the video. These exercises can be added to your daily routine timetable under Physical Activity. Hope you Enjoy it with your children!

#### Message from "Yoga Paradise"

"With extra time in hand and requests from friends, students and parents I thought of recording yoga and meditation videos to help children and adults during this challenging time. I hope you all find them helpful 🙏"

I have just uploaded a Kundalini Yoga warm up to heal, strengthen and energise the body and mind. I have also uploaded Sitali breath Pranayam (Ice cream breath) for children and adults to cool and calm down. I hope you all enjoy the videos!

If you like the videos please don't forget to like, comment and subscribe to my YouTube channel. You can switch ON the notification button to be notified for my upcoming yoga and meditation videos for adults, kids and teens.

[https://www.youtube.com/channel/UCVyQasLumq\\_IFaxhv5ioIga](https://www.youtube.com/channel/UCVyQasLumq_IFaxhv5ioIga)

Stay happy, healthy and blessed. 🙏😊

Priya Sawhney

