

It is my joy and privilege to teach Mindful Exercises and Yoga to the children at Geneva Day School.

Being mindful means paying full attention to the present moment. This helps to clear the mind of distractions and train it to focus on any task at hand. This practice has a calming effect on the body and the mind. Awareness of the world around us helps us to have a more positive attitude and be more caring and compassionate towards others. In the long run, we learn to find peace and happiness within ourselves.

Many studies have confirmed that the practice of mindfulness, especially learned at an early age, has great benefits that last throughout one's life. It helps to build a strong and flexible body, overcome feelings of anxiety, anger, and fear, and to develop focus and concentration. Through simple Yoga poses, breathing exercises, stories, music, and games, I help children develop a healthy and flexible body and a calm and cheerful mind.

Learning mindfulness is not a chore, but a fun and relaxing activity. I am confident that as the school year progresses, you will begin to see the positive impact of this practice on your child. Perhaps you may even take up the practice yourself!

Mrs. Prayag