

Many benefits of yoga

June 2012

Children at Child Side School have been working on their Big Idea's project Fit for Life this term, learning all about the human body, how it works and what can go wrong. This includes looking at physical, mental and emotional wellbeing.

But it is not just the children that have been learning this term, their educator, Lisa Seewraj, recently completed a kid's teacher training course run by international children's yoga expert Loraine Rushton of Zenergy Yoga.

Even though Lisa is a yoga enthusiast she explained how she 'came away from the course with her head bursting with all the information she had been given'. Stating also 'I feel a lot more confident about how I can successfully bring yoga into Child Side School in a way that would be enjoyable, captivating and beneficial to children of all ages'.

Being expected to continually focus and take in and understand new knowledge can be very stressful for the children. While educators are acutely aware of this and use strategies to reduce the risk, Lisa believes teaching yoga will further help improve the children's and her physical, mental and emotional wellbeing.

Lisa's confidence in running the yoga classes has taken a real leap forward, with the following comments from the students reinforcing to Lisa the many benefits yoga provides:

'it helps your mind stop thinking about bad stuff' - Zack McDonald (age 12)

'I love the relaxation' - Aislinn Harrison (age 10)

'it makes you strong' - Aaron Shervington (age 9)

Contacts:

- Leonie O'Connell (Child Side School - Principal)
0419 511 133, childside@bigpond.com
www.childsideschool.wa.edu.au
- Lisa Seewraj (Child Side School - Core Educator)
0458 243 654, lisa@childsideschool.wa.edu.au
www.childsideschool.wa.edu.au



Children during a breathing ladder exercise



Practicing poses in the beautiful autumn weather