

## WELLBEING ESSENTIALS

***Celebrating International Yoga Day: A Wellness Journey!***

*"It was inspiring to see our students so engaged in the yoga sessions. The volunteers from the Heartfulness Foundation did an excellent job of making yoga accessible and enjoyable for everyone."*

- Ms. Janet, Counselor  
The Elite English School, Dubai

## ELITE CONNECT

In honor of International Yoga Day, our school hosted a transformative three-day program led by dedicated volunteers from the Heartfulness Foundation. Beginning on June 19th, 2024, this event offered our students a unique opportunity to explore the physical and mental benefits of yoga practice.

The program began with an introduction to the principles of yoga and its importance in maintaining overall well-being. Heartfulness Foundation volunteers, known for their expertise and passion, guided our students through a series of yoga exercises and poses, emphasizing proper technique and mindful breathing.

The program focused on different aspects of yoga:

- Introduction to basic yoga poses and breathing techniques
- Exploring simple postures and their benefits
- Incorporating meditation and mindfulness practices

Students actively participated, mirroring the volunteers' demonstrations and experiencing firsthand the calming and energizing effects of yoga. The interactive nature of the sessions allowed for personalized guidance, ensuring that students of all fitness levels could participate comfortably and safely.

The event aligned with our school's commitment to promoting holistic student well-being.

By introducing yoga as a tool for physical fitness and stress management, we aim to equip our students with valuable life skills. We believe that providing students with diverse opportunities for physical and mental wellness is crucial in today's fast-paced world. As we move forward, we encourage our students to continue exploring yoga and other mindfulness practices.

The Elite English School extends heartfelt thanks to the Heartfulness Foundation volunteers for their time, expertise, and passion in bringing this enriching experience to our school community. Their dedication to spreading the benefits of yoga has left a lasting impression on our students.



**Heartfulness** – Students developing focus and mindfulness.