

YOGA – The Art of Calming Mind, Body and Soul.

As part of the high school Physical Education (P.E.) module, different aspects of P.E. is explored. In term 2, for stress management, Yoga was introduced. This not only gives the student the ability to manage their stress but enlightens them on the reasons for it and how to do so. From self help stretching to breathing exercises, our boys and girls were given the opportunity to experience something new and relaxing.



PEACE. It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still *be calm in your heart.*

