

CLASS 2 – “Zen Zest Yoga Dance Fusion For Kids Wellness”

The activity “Zen Zest Yoga Dance Fusion for Kids Wellness” was conducted on 20th April 2024 for class II students. This activity was a holistic program that combines elements of yoga, dance, and mindfulness to promote physical, mental, and emotional well-being in children. Through a blend of movement, breathing exercises, and relaxation techniques, it aims to enhance flexibility, coordination, concentration, and stress management skills in young participants. The fusion of these practices creates a fun and engaging experience that encourages self-expression, creativity, and positive body image. Overall, Zen Zest Yoga Dance Fusion for Kids Wellness offers a unique approach to nurturing the overall wellness of children in a playful and inclusive environment. All the students enthusiastically participated in this activity, and the previous students were also encouraged to practice yoga postures. During this activity, all students demonstrated various poses, and their enthusiasm was admirable to witness.







