

Zen Zone: Yoga & Relaxation Retreat

Class 2

Conducted on – 13th May ,2025

Students participated in a **Yoga and Mindfulness Session** conducted by the teacher/yoga instructor. They learned **simple yoga poses** like the tree pose and butterfly pose, along with **breathing exercises**. A short **guided meditation** helped them practice mindfulness and relaxation.

Learning Outcome:

Students experienced calmness, improved focus, and understood the benefits of yoga for mental and physical well-being.

