

Why Yoga? Over the past few years our early grade teachers have explored the use of yoga to help their young students get calm, focus, and recharge in the classroom. If you've ever spent time in a kindergarten or first grade classroom, you can appreciate how important this is! Their efforts have been worthwhile and have made us curious to learn more.

This year the teachers and I decided to make yoga a weekly part of the curriculum early in the fall. We turned to ArtsConnection, the fantastic organization that has brought us our amazing dance teachers, Dionne Kamara & Alicia White and puppetry teacher Kristen Kammermeyer. We were delighted to work with Chigui Santiago, who eagerly took on the challenge of designing 45 minute lessons for huge groups of young kids. With Chigui our kids moved, breathed, sang, and chanted. No question - it was hard for some of our wiggliest to give yoga poses the focused attention they demand in our crowded music room (and we teachers needed to do some fancy choreography to get almost 60 pairs of shoes off & on at the same time). But even the wiggliest got a lot out of the program (we've had some great demos in the office). Passing through the hall I still hear children leading each other in songs or chants. We're looking forward to exploring more yoga in the coming year. Om! -Maggie



PS 150 KIDS STRETCH IT OUT WITH YOGA