



YOGA DAY



مدرسة سبرينج دايلز دبي
SPRINGDALES SCHOOL Dubai



Balance is the key to everything. What we do, think, say, eat, feel, they all require awareness and through this awareness we can grow, and a perfect balance of body, mind and soul happens through meditation.

Yoga is more than just a physical practice. Yoga changes the way we think, feel, relate to nature and to others and because of that, it influences the way we live.

We in **Springdales School Dubai** not only impart high quality education to our students but also nurture them for life. We consider both physical and mental wellbeing of our students as our prime responsibility.

The United Nations have declared 21st June as the International Yoga Day and it is followed worldwide from 2015. To give our students an opportunity to feel the balance of body, mind and soul, Springdales School Dubai had organized Yoga Sessions all across the school where children from Grade 1 to Grade 12 participated in this event and could relate to the power of calmness through serenity.











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Quintessentially Indian; Innovatively International

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