



Ryan Education School, Jaipur

Circular/ 06 / 23-24

Date:22/06/23

Dear Yoga-loving Parents,

I hope this letter finds you in good health and high spirits as we celebrate the auspicious occasion of Yoga Day. I hope this letter finds you in good health and high spirits. As a School leader, I would like to take this opportunity to highlight the immense importance of yoga for the overall well-being and development of your child. Additionally, I will provide you with a selection of beneficial yogasanas that can be practiced by both students and parents alike, along with guidelines for their safe and effective execution. These are selected and verified by our own yoga Expert Ms Vaishali.

Yoga, as many of you may already know, offers numerous physical, mental, and emotional benefits that can greatly enhance your child's growth and academic performance. Regular practice of yoga has been shown to improve concentration, reduce stress and anxiety, enhance flexibility, and promote a positive mind-set. It is a holistic discipline that nurtures both the body and the mind, helping individuals develop strength, balance, and self-awareness.

I encourage you to introduce your child to the practice of yoga by incorporating a few simple and effective asanas into their daily routine. These asanas can be practiced at home or during dedicated yoga sessions. Please remember that it is essential to perform them in a safe and controlled environment, and under the supervision of a qualified instructor if needed. Here are a few asanas that are suitable for students:

1. Om Chanting -reduces stress,anger,calm the mind
2. Bhramari Pranayam (bee breath)-good for anxiety and stress
3. Anulom -Vilom Pranayam(Alternate nostril breathing) – reduces stress ,good for heart,lungs
4. Mountain Pose (Tadasana) - Enhances posture and body awareness.
5. Tree Pose (Vrikshasana) - Improves balance and concentration.
6. Butterfly Pose (Baddha Konasana) - Stretches the hips and inner thighs.
7. Cat-Cow Pose (Marjaryasana-Bitilasana) - Enhances spinal flexibility and relaxation.
8. Child's Pose (Balasana) - Promotes relaxation and relieves stress.

For parents who are interested in joining their children in this journey of well-being, here are some yogasanas that you can practice together:

1. Om Chanting -reduces stress,anger,calm the mind
2. Bhramari Pranayam (bee breath)-good for anxiety and stress
3. Anulom -Vilom Pranayam(Alternate nostril breathing) – reduces stress ,good for heart,lungs
4. Sun Salutation (Surya Namaskar) - A sequence of asanas that energizes the body and calms the mind.
5. Warrior Pose (Virabhadrasana) - Builds strength and stamina.
6. Downward-Facing Dog (Adho Mukha Svanasana) - Stretches the entire body and relieves tension.
7. Bridge Pose (Setu Bandhasana) - Strengthens the back and opens the chest.
8. Corpse Pose (Savasana) - Facilitates deep relaxation and rejuvenation.

To ensure a safe and effective practice, please keep the following guidelines in mind:

1. Warm up adequately before starting the asanas.
2. Practice on a non-slip yoga mat or a clean, soft surface.
3. Pay attention to proper alignment and posture during each asana.
4. Breathe deeply and rhythmically throughout the practice.
5. Start with shorter sessions and gradually increase the duration as your child progresses.
6. If your child or you experience any discomfort or pain during an asana, stop immediately and consult a healthcare professional.
7. Yoga should be done empty stomach or after 3,4 hours of heavy meal.

We also offer yoga classes specifically designed for children every week at Ryan Education School Jaipur. These classes provide a safe and engaging environment for everyone to learn and grow together. I highly recommend encouraging children to learn a lot during these classes for a more comprehensive yoga experience.

I am confident that by incorporating yoga into your child's routine, you will witness positive transformations that go beyond the physical realm. Should you have any questions, concerns, or require further guidance, please do not hesitate to reach out to us.

We are here to support you and your child on this yogic journey.

Thank you for your time and consideration.

With warm regards,



Anurag Sharma

Principal

Ryan Education School, Jaipur