



Little Yogis- Beginners Level

EMBODYING THE ANIMAL SPIRIT

Animal-Postures are powerful phyco-physical exercises strongly influenced by the shamanistic heritage of the indigenous Dravidian culture of Southern India. In these postures the practitioner learns how to internalize specific attributes and energies of the given animal spirit. At the same time specific physical traits are enhanced, e.g. hip-opening in Simha Vadivu and strenghtening and stretching of the back in Gaja Vadivu. The postures are much more about finding the right postures to create the proper *energetical* enviorenment, rather than just *physically* stretching as much as possible. "Simpel", but powerful.

Growl, Prowl, wiggle and tickle through yoga animal poses from Alligator to Zebra. Discover Underwater animal poses, hop along like zoo animals in a yogic way. A fun and gentle way to energize and begin a life-long love of exercise. Kids learn stretching, breathing, balancing and co-ordination. Fun-filled beginners class features the melodic sounds of farm animals songs to Underwater world charming world. Great way to start a life-long journey of self- discovery, health and happiness. Yoga instructor, Preeti Bhagat, also introduces simple meditation and gentle breathing techniques – a safe way to focus the mind and calm the body.

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Little Yogis- Level 1

Fun and safe class in charming fantasy world. From super heros to shining stars, erupting volcanoes to branching trees, journey of empowerment, better concentration and gentle breathing techniques. Non-competitive approach to physical fitness. Classes are shaped to improve self-esteem, increase attention and focus, and develop the child's mind-body connection. Set to age appropriate physical activity that is both fun and rewarding. Yoga classes are 1 hour in length and simple relaxation activity at the end of each class.

Yoga instructor, Preeti Bhagat, demonstrates 12 yoga poses that will introduce your children into the exciting world of Yoga. An easy warm-up followed by sun salutations leading to 12 fundamental poses that give kids the yoga basics. Her classes enhance natural flexibility and deeply promote healthy growth and physical development. Ypgoc postures that Preeti has chosen for Little Yogis will entertain and delight your kids while working to strengthen their growing bodies, stretch their muscles, and improve their balance and coordination.

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Brief Profile – Preeti.K.Bhagat

(Yoga Instructor /Ayurvedic consultant)

Preeti's yoga journey started eighteen years back as a branch of Ayurvedic course and immediately she felt yoga was working on the mental and physical benefits. She found that she was more focussed, her health was improving, her body getting trim and fit, and she was becoming more open emotionally and spiritually. Practicing yoga helped her unfold mind body connection. She continues on her life journey with yoga full-time, dedicating herself to the practice of yoga while teaching and sharing her passion. She likes teaching yoga very much, as it is really wonderful and heart-warming to see happy faces at the end of every class. Her knowledge of Ayurveda and other healing energies has helped to further integrate her yoga practice and teachings with Ayurveda.

Her classes are empowering, giving your body and mind a treat. She keeps reminding her students of the importance of the breath through learning breathing and meditation techniques, help relieve stress and improve concentration. Her series of core exercises and fun asanas (poses) and sequencing introduces the long love of exercise strengthening and toning the body.

She has a lifelong commitment to complimentary therapies/holistic healing, movement, dance and meditation. What she found was that the more she practised, the more she understood herself and enhanced her personal growth. This created positive changes in her life. She continues to attend other teacher's classes, workshops, and training courses to improve her own practice as well as her teaching. She hopes to help everyone achieve tranquillity, self-awareness and a positive attitude towards life.