

Dear Sir or Madam,

Laura has been teaching the discipline of yoga to the Upper Elementary Class at the Pioneer Valley Montessori School during the 2006-2007 school year.

The study of yoga has helped the children to develop a sense of peace and a sense of control over their own bodies. They have found it physically and mentally challenging to focus on each exercise. It is a welcome variation in the challenge normally experienced in a Montessori classroom, yet it fits well with the Montessori philosophy of active learning, through experience, using all of the senses, and in the ultimate control of the child.

In addition to the benefits of having a class study yoga, there are benefits of having a class study yoga under the direction of Laura. She has a good sense of each child's needs. She is responsive to them and offers encouragement and help where it is needed, but also allows each child to find their own way of understanding yoga. Finally, I asked the children what they had to say about studying yoga with Laura. Here is what they had to say:

Monaie: "It makes me feel very calm, not pushy."

Valerie: "You feel refreshed and happy when you finish."

Marisa: "She makes it fun!"

Maya: "It's nice. It makes you feel comfortable."

Ezra: "Laura doesn't push you if it hurts."

Yoga with Laura has been a helpful, peaceful addition to our class.

Sincerely,

The Upper Elementary Class of PVMS

Pamela Kim

Neda!!
😊

Monaie D.

Valerie
♥

Marisa
♥

Leo

Andrew

class

Maya
😊♥😊

Colin

Ezra

Scott

Luke