

Kothari International School

Grade K1–3 Teachers

Mindfulness

Mindfulness is the basic human ability to be fully present, aware of where an individual is and what is that individual doing, and not overly reactive or overwhelmed by what is going on around. To explain this concept Kothari International School organised a workshop on Mindfulness on June 27th, 2019 and Ms. Sonia was the trainer.

While mindfulness is something everyone naturally possess, it is more readily available when an individual practice it on a daily basis. Ms. Sonia made us to certain meditation practice like focus on all the seven chakras and few breathing exercises.

There is a growing research showing that when the brain is trained to be mindful, the actual remodeling of the physical structure of your brain is taking place. She also further explained that as more time is spent practicing mindfulness, we can probably find ourself feeling kinder, calmer, and more patient. These shifts in the experience are likely to generate changes in other parts of life as well.

Mindfulness practices can help us become more playful, maximize the concentration span and help for a relaxing night sleep.

