

King & Low-Heywood Thomas School

Yoga Students Perform Tuesday Afternoon

By Madeleine Marecki

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KLHTnet

Students who participated in Yoga this winter performed to a group of students, faculty, and parents yesterday afternoon. Led by their instructor, Carol Shwidock of Harmony Yoga in Stamford, the group of Middle School students demonstrated the yoga movements they learned for the past few months.

Accompanied by soft contemporary music, the students opened the performance with warm up exercises and stretches. They then performed several yoga poses, including the cat-cow stretch and downward facing dog. Ms. Shwidock invited audience members to participate as well, and near the end of the presentation, yoga students and audience members alike joined together in the middle of the gym to link arms and perform the tree pose.

After instructing the students for 49 classes this winter, Ms. Shwidock said she felt the students truly understood the benefits and beauty of yoga. "I wanted the students to find the calm inside themselves, and I really think they did this," she said. "It's been so progressive of KLHT to have me come and teach students yoga. I feel this was a really great experience for them."