

WFWP Italy, Yoga for Children Seminar, Rome, Italy, July 2017

Elisabette Nistri
July 29, 2017



Mrs. Elisabetta Nistri, President of WFWP Italy, gives her heartfelt thanks to Dr. Paola Simbola, a teacher of Yoga, for the precious contribution she gave at the summer course that was held for a group of 30 children from 6 to 13 years of age at the head office of WFWP in Rome.

The theme of the seminar that was organized by the Family Federation for the World Peace and Unification (FFWPU) was "Discover, Live, Share". It took place in July 2017.

The purpose of this seminar was to search for the beauty that dwells inside each of us, inside the others and in the nature, and to become able to share this beauty with the others through one's own talents.

Dr. Paola Simbola held two lessons on Yoga, and she managed to involve all the participants, the children and the teachers to participate actively in the program. For many of them this was their first exposure to Yoga. The lessons were very educational. It was taught: respect for the teacher, respect for the other, respect for nature, and also the ability to listen.

Mrs. Paola could catch the attention of each and everyone as she called every child to practice a new position for the first time. In a playful way and very skillfully she managed to lead the children to realize even the most difficult positions. The session concluded through the realization of very beautiful MANDALA designs that each child produced. As a result of this meeting all participants could have an unforgettable memory of their first experience with the Yoga discipline.

Reported by:
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