



2023 Annual Report



Sadhguru School, in Western Uganda, is the flowering of a small group of local volunteers with a strong desire to offer what they have to enhance lives and the environment around them.

Investing their savings and time to finance its construction and initial running, the school opened in 2017 and currently provides schooling for 104 rural students, offering them a world class education using Montessori & enquiry-based project learning methods.

The school aims to nurture exuberant well-rounded individuals who are in harmony with themselves and the world. In Sadhguru's own words, we are named after 'the unschooled Sadhguru'. A reminder to us that inspired learning comes from a place of direct experience as opposed to second-hand knowledge. Sadhguru means 'self-taught'. Our team's approach to life and therefore schooling is not 'scholarly' but

one of active involvement, exploration and responsibility. Daily yoga practices provide tools for inner balance & clarity, reinforcing an openness and ability to pay keen attention to just about anything.

Our intent is that our children should have an appreciation of both local and wider African culture, traditions and history, and a deep sense of belonging with her Soil, while maintaining a global perspective.

Sadhguru School enables students to go out into the world from a level playing field, as changemakers within their communities and beyond. The majority of our parents are subsistence farmers, earning less than \$3 a day.

On the following pages we give a taste of the culmination of seven years. We hope you enjoy our 2023 as much as we did!

**In love and happiness,
The Sadhguru School Family**

We Can Fix the Education System

By Wobusobozi Amooti Kangere
Sadhguru School Academic Coordinator

'Two years ago, I moved out of Kampala to support a team building an alternative model for educating children in Uganda. Like me, the members of this team, and their leader, believed that our public and private education systems weren't doing enough to prepare children to function effectively in a fast-changing world. Some are teachers by training. Others are spiritual or intellect-

ual nomads who love teaching. I first visited Sadhguru School as a guest poet invited to inspire a love for poetry in the children... In the time since I joined, the school has embarked on a journey to evolve its Activity Based Learning model into a Project-Based Learning model that makes me wish I could be young again so I could go to school in a place like this.'

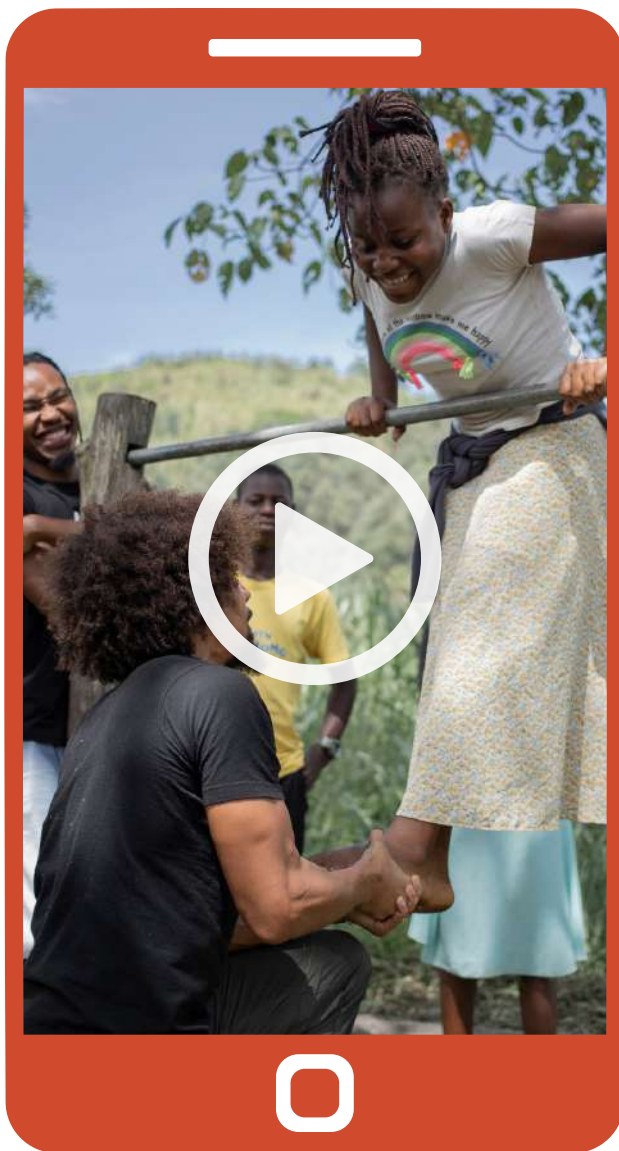
Continue reading [here](#)





Its Actually Like I Fell Down and Woke Up in Heaven

Chaka, aka Chakabars, a leading social influencer for education and philanthropy in Africa, came to see if elements of Sadhguru School could be applied to his plan for the war-stricken community he supports in Goma, Democratic Republic of Congo

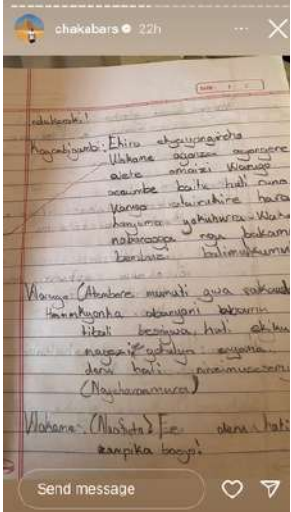
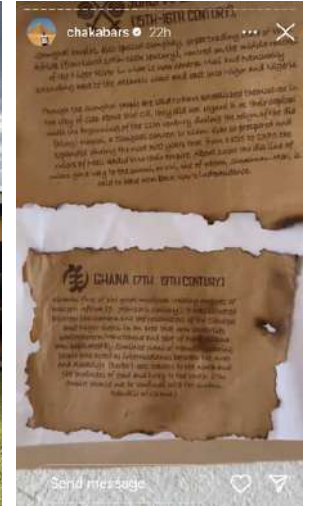


This Place is definitely eye opening. It's very very beautiful.



Need a School Like this in Congo

A taste of Chaka's sharp eye for capturing the spirit of Sadhguru School on his Insta Stories:





Flashback:

above, January 2016,
the first foundations of
Sadhguru School - now
the dining and AV hall
with office upstairs

left, in 2021, together
with three classroom
blocks



Flashback:

June 2016, Sadhguru at the launch of Sadhguru School, in what is now the dining hall, in conversation with Juliet Nammudu Nambi (the then Director of Education for Kampala Capital City Authority), with educationist Margaret Mackenzie Bell moderating

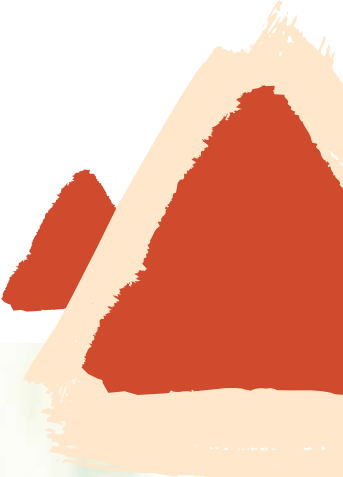
I Vocational





Attention not Retention

Lower secondary, began with Year 7 in August 2023, and has a curriculum tailored to individual needs, to build on student strengths with vocational qualifications, enterprise experience, and apprenticeship mentors, alongside academic project-based learning.



Special thank you to
Georgia Thompson for the sewing machines



Carpentry and Integrated Farming are among the Vocational Studies for Year 7

An inspired education is key to the sustainable long-term social, economic & creative wellbeing of rural communities in Africa.

Vocational Workshop

December 2023 saw the much awaited start to our Volcanoes Vocational Workshop, using sustainable caltusi (eucalyptus) from Ndali Estate, and constructed by an awesome 40-strong team from Sadhguru School's village, Kyakatama.

Using the local method of elephant-grass reeds, mud and cow dung (akin to wattle and daub) for the walls, there will be five workshop spaces in the building:

- i. mechanics
- ii. metalwork
- iii. carpentry
- iv. tailoring and textiles
- v. pottery and clay sculpture

special thanks to
Volcanoes Safaris
for the build costs
and **Roofings Uganda**
for the iron sheets

Integrated Farming

Students each have their own minimum 8x8m sized plots where they design their organic layouts and choose their own selection of herbs, shrubs, flowers, medicinal plants, light shade trees, vines and vegetables to grow. In the process they learn about soil, composting, organic insecticides, agroforestry, layered and no-dig cultivation.

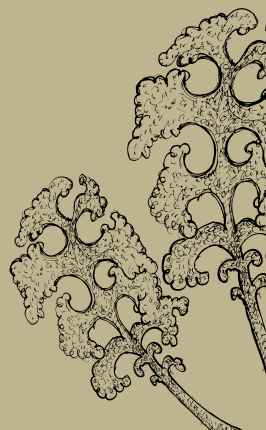




Vegetable Enterprise

The young growers maintained planting and harvesting records of their plots and sold their vegetable produce to the school kitchen. Popular sales were sukumawiki (a type of collard), curley kale, beetroot, carrots, amaranth leaf, pumpkin, radish and cucumber.

As a year group they decided to aggregate their profits to build a chicken house for breeding egg-laying hens (see Academic Section).





“I’m impressed to the point of feeling challenged (to do better!) by my 12-year-old son who has become the go-to guy for the sugarcane snack-trade in our village. He buys it cheaply from trading centres further afield from us and sells it at a profit in our community. His drive for enterprise is coming from the admiration he has for his class teacher... whom he wants to emulate!

James, Sadhguru School parent

II Field Trips





Flashback:

these two wandering mavericks with their beloved camel walk the length and breadth of Uganda. Stumbling upon them wending their way through our sub-county, we were able to persuade them to drop by school in the early morning, to the joy and amazement of many small people.

Permaculture Fieldtrip

Sheer magic to be able to take 24 students on a trip to dive into the encyclopaedic farming mind of permaculturist Alan Tulip. His Kahangi Estate is home to shade-grown organic coffee and tea, intercropped with bananas, castor oil, avocado, wild pepper, sunflower and beans.



Pulling up a herb around whose roots was healthily clumped rich dark soil, Alan explained the role of sugars released by every plant around their roots to attract vital micro organisms. The micro organisms feed on the sugars and in turn break down organic matter around the roots, without which activity the plants are unable to obtain critical nutrients. **Woe betide, though, said he...**

...the unwitting farmer who applies artificial fertiliser to his plants, such that the plant no longer expends effort releasing sugars to attract the micro organisms, due to the plentiful supply of *soluble* 'fast food'. If he stops the artificial fertiliser, his plants will be sickly for at least 3 years, until our friends the micro organisms have reestablished themselves in sufficient numbers.



The Cloth of Kings

A few lucky students travelled to the hills above the rift valley, overlooking the Semuliki and DR Congo plains, to have a rare experience of the secret world of BARKCLOTH MAKING

The ancient process of derobing the fig tree while she shed milky tears found us holding our breath in the long sacred silence. Sweet though inadequate relief to learn she renews her bark annually...



A special thank you to **Marakwet Organic Farm** for inviting us to learn from their barkcloth growing and making process



Bird & Bat Research

To the amazement of the students a team of 13 ornithologists spent 5 days researching and ringing the birds and bats at school

With the beginning of the rains in March, Years 2-7 had the privilege of daily following the research work of the Brazilian-based team Fauna Forever. This

included netting and ringing birds & bats, taking their measurements using calipers, recording their health through weight and plumage and understanding the importance of sustaining a healthy bird and bat population for ecological equilibrium. A hot favorite were the nighttime sessions with the fruit bats...



Left, a rare sighting of a Southern White Faced Scops Owl: image taken at Sadhguru School



Press play for a snapshot of the visit



Year 7 visited the Joint Clinical Research Centre in Fortal Portal for the inside scoop on what goes on in a professional biology lab

The students saw different cells under a microscope. They were told about different lab machines and equipment and received a masterclass on reproduction and organs from a doctor. They heard the life stories of all three lab personnel and how they got to where they are...



...What was really amazing for me was how the clinic personnel were reluctant at first... Doing it just as a chore but the kids' questions fired them up to keep giving more and saying more than they intended...

They really appreciated how we tried to give the kids a relevant experience on why they learn some of these things, and told us it's very rare for outside parties to get access to their lab... people who volunteer with them actually have to pay for access.

Frank Mukitale, Year 7 teacher





Flashback:

home studies with our visiting teachers during the two-year Covid lockdown for schools



Evolving to Project Based Learning

2023 saw the teaching team dive bravely into the challenging – for both students and teachers – world of project based learning

With Project-Based Learning, students receive a mixture of curriculum and extra-curricula material through simulations of real-life situations. For instance, in the image above, Years 5 and 6 pitched to the school in Assembly the idea of having a Student's Council by doing a demo election campaign.

Candidates and their teams had to prepare manifestos, flyers, speeches and other canvassing material; student officials prepared the voting hall, manned ballot boxes and delivered a live stream of the vote. The project spanned across

maths (vote count, percentage, proportional representation etc), literacy (manifesto and speech writing), debate, and history (a study of great leaders).

As the students work, teachers require them to keep records and write essays (and sometimes poems) at certain points, thereby enriching their language development. Such learning becomes an integrated and inquisitive experience that breaks the tedium of taking subjects that appear to have no relevance to life.



AT FORMER YR 6



Taking the Geometry Class to the Chicken House

Another example of project based learning

With the profits earned from their school vegetable gardens Year 7 pooled resources for a chicken project

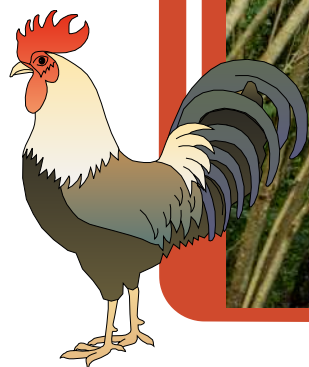
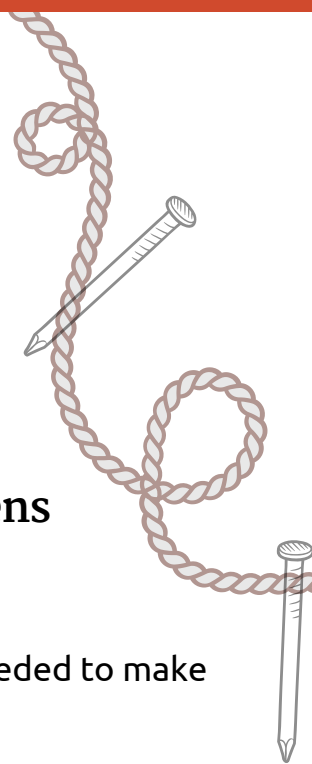
Lower Secondary helped clear and fence a shrubby enclosure ready for the young egg-laying hens they planned to buy.

But not before reseaching in small teams the most appropriate breed and its upkeep, producing powerpoints and making presentations to the rest of the class.

In maths they started to calculate a table of anticipated capital expenditure and running costs versus sales of eggs, looking at profit margins, ratios and the

minimum number of hens needed to make the project viable.

While building the timber hen house, they learnt how to lay out 2 lines or foundation walls at right angles to each other with 2 nails, 4 stakes and some string, using the triangle geometry of 3-4-5 (or 5-6-7 etc) which has been used to lay out buildings for centuries: that means one short side must be 3' (or 3", 3 metres etc), the other 4' long, and the long side (hypotenuse) 5' long. This gives a perfect right angle. Remember Pythagoras?





Showcases & Project Presentations

“These children are way ahead of their peers in their expression and level of understanding. What is being done here differently is giving children practical understanding - I saw it related to complex things like fractions and code writing which the children were presenting to me in the classroom.

I would like to see our government schools borrow a leaf from here and send our Head Teachers to Sadghuru School to experience these methods, as I feel our curriculum is lacking, in particular skilling the children the way you do.

Harriet Nyakahuma, Kabarole District Deputy Education Officer





A Learning Day for Parents

Learning Showcases and Project Presentations are a great way for children to speak about their learning while giving their parents and visitors an insight into their classroom experience.

They get to feel a sense of pride from being able to speak about their work and show their families some of the important steps of their education.



Insight into a Project Theme

Never more apt given the state of world affairs for 2023, **Trinity Lawande, Sadhguru School's Early Years Coordinator**, takes us through Year 2's end-of-year theme: 'Bringing Peace Around the World through Children'

With peace as the heart beat of the term, Year 2 (7+ years old) began by trying to understand the meaning of peace and their perception of peace. They further delved into the causes of lack of peace in their personal lives, their homes, their class and in school, and ways to resolve conflict.

In pairs they carried out a whole school research, collecting data on how students and teachers resolve conflict. They then made tables and bar charts. This helped them sharpen their tallying and data-analysis maths skills.

Through music, dance and poetry the children navigated through the continents and oceans of the world to different countries including Uganda. They learnt about different countries from videos, story books and guest speakers.

They began to see that we share the same air, land and water. That we are all different but the same. This led them to the habitats around the world and how

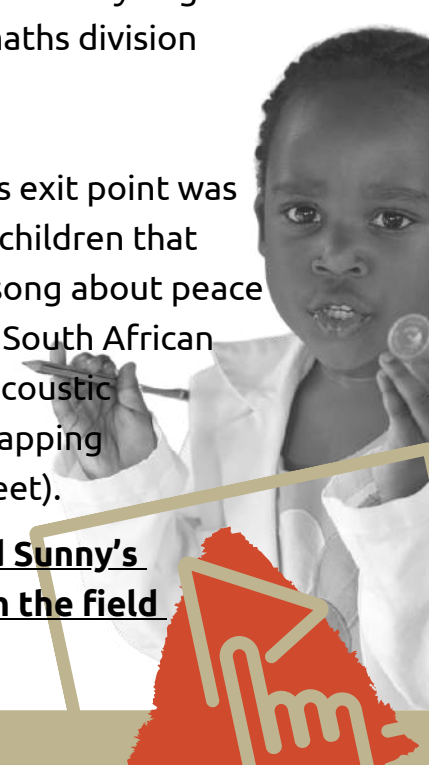
animals adapt to their environment. They also read *Wangari's Trees of Peace* by Jeannette Winter about Wangari, a Kenyan conservationist who fought to conserve forests in the Mt Kenya region.

This awakened their awareness of the responsibility we all have to protect our habitats. They realized our inter-dependence with plants and animals for food, air and energy. This steered the study to the need we all have to share the resources we have: the big and the small.

The children realized that sharing equally is also called division, and they began to work on a variety of maths division activities.

December 2023 term's exit point was a presentation by the children that included a poem and song about peace as well as a touch of a South African 'gumboot dance' (an acoustic percussive dance of slapping boots and stomping feet).

[Listen to six-year-old Sunny's arresting report from the field](#)



Dancing in the Light

Year 2 literally danced through all things light. Through music, poetry and scientific experimentation, the children demystified the concept of light. To firm up their knowledge of light and shadows, they started by presenting mini shadow puppet shows of their favourite story books to the younger children...



...Once they had gained sufficient confidence, they produced their final show to the whole school and parents: *Bringing the Rain to Kapiti Plain*. During a two night sleep-over at Sadhguru School, full of lots of fun and hard work, the children made all the puppets, the screen, prepared the lights, and all of the props for the production.

In art and science they explored that white light is made up of different colours, and that light from the sun passes through raindrops to produce the colours of the rainbow. They went on to produce their own electric light (above) by assembling a simple circuit board of traffic lights, under the tutelage of the electrician from our local trading centre.





Years 3 & 4 Cross-Curricular Theme

On Safari - Environmental Conservation Saving the Shea Nut Tree from Extinction in Uganda



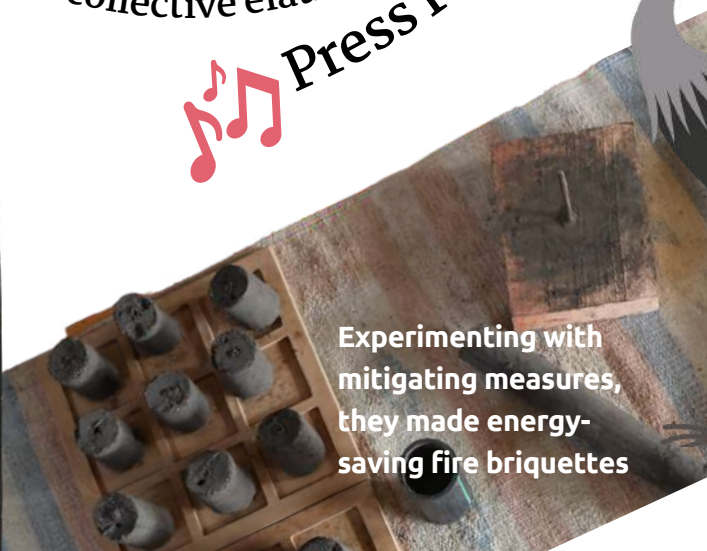
Years 3 & 4 explored their shea nut theme through spoken word, poetry, song, science, geography, ecology, maths (field-trip budgeting), proposal letter writing, and problem solving.

Our soils are endangered, they presented to their parents, big and small plants are endangered, animals are endangered... Our actions are a time bomb, ticking by the day with every decision we make. We are the threat. We use chemicals to produce our food, slowly killing our soils along with ourselves.

All of you come and see my Mama, My Mamaland...
Uganda's splendour our collective elation...
Press Play...



Music & lyrics composed by Yr 3&4 in collaboration with teachers



Experimenting with mitigating measures, they made energy-saving fire briquettes

Montessori in the Magic-Tree House

“Sunshine, shelves of wonder, and the quiet hum of discovery – that's my Montessori classroom! Here, in our rural community, kids aren't just learning, they're blooming. They're pouring curiosity into sensorial activities, weaving magic with self-reliance, and becoming architects of their own learning. Witnessing this transformation nourishes my soul.

**Njoki Maureen, Early Years
Montessori Teacher**



Moon Library

With sighs of relief we extricated the library from the IT room and gave it the proper space it deserved, temporarily nudging the Moon Cafe from its home, but stealing a leaf from its book to christen our glowing new space, Moon Library. We now have over 4,000 titles on the shelves.

In gratitude for the help and perspicacity of:

- Olav Boenders
- YouBeDo
- Biblionef
- Idua Publishing
- Arun Patel
- Books Abroad, Scotland
- Jane O'Leary & Sven Kroger



Annual Teacher Training

Pre-Term Three Day Training

Three times a year, before each term begins, teachers gather for a three to five day activity-based interactive training to upgrade and refresh on teaching skills



Termly Shared Spontaneous Adventures

Building bonds, resilience and teamwork, and just keeping life dynamic - it may be a six hour hike with a shared meal at the end, a 16-sided football match, or a full-moon fireside celebration...



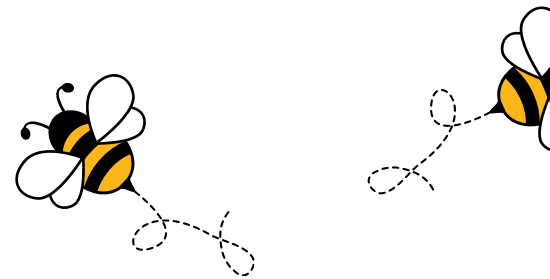
Term-Time Weekly Workshops

Throughout the term teachers revolve weekly in leading a 1.5-hour session imparting and trialling approaches from their latest classroom learning-toolbox. While peer-learning, their teacher-students are also able to give them vital critical feedback





Madness in the Method



Some of the deepest learning happens when the whole body is involved in activity, rather than passively staring at a board, book or teacher.

In a teacher training workshop, teachers dived into role-playing insects and flowers in small teams, devising fun ways to understand and explore plant pollination using glitter (pollen), straws (proboscis), pipe cleaners or curled paper strips (hairy legs), tennis balls and baskets (ovules and ovaries). Playing with such aplomb, a new light dawned on classroom jargon long-forgotten!



IV Sports



Sadhguru
SCHOOL



Flashback:

in 2019 Sadhguru School
competed in the 2nd
Ugandan Brazilian
Jiu-Jitsu National
Championship in
Kampala

Watch the
video here



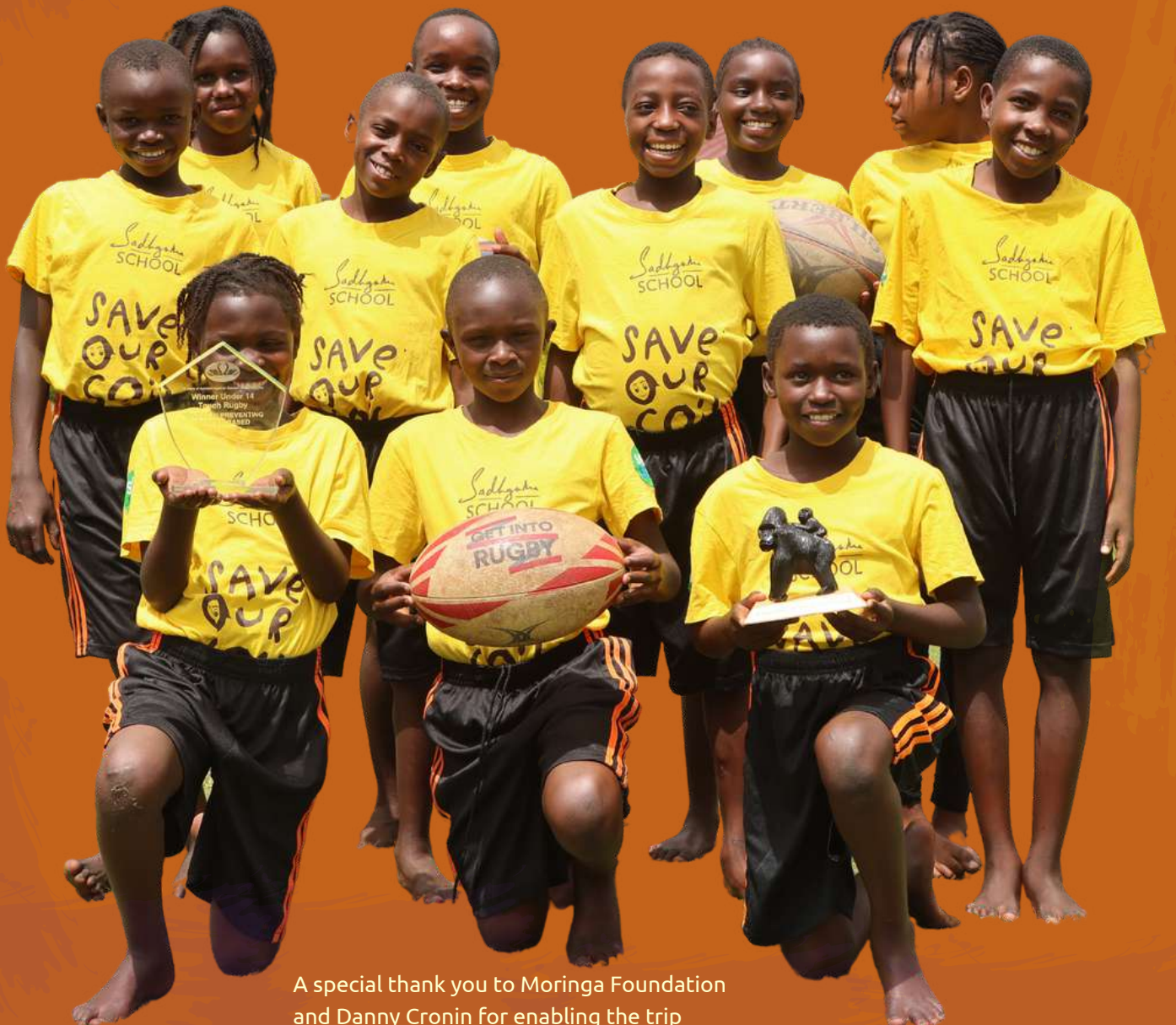
With special thanks to
Kyokushinkai Karate Uganda

Touch Rugby Champions

They won the Kabale (SW Uganda) touch rugby tournament hands down in September 2023 and we thought maybe the competition was not steep enough, Kabale being in the 'provinces' 🤔, so we sent them to the Entebbe Sports Fest Tournament, close to capital city Kampala. They swept through to the semis, winning all 5 games in their section, and went on to win the finals 4 tries to 3 tries.



This is from a team who have had no experience playing against other schools from their rural base, and only their second-ever rugby competition. Go team Sadhguru #scoreforsoil.



A special thank you to Moringa Foundation and Danny Cronin for enabling the trip

Jordan & Denis Ahead of the Game



Four, from a shortlist of six, Sadhguru School students were selected to represent their sub-county (Kasenda) at the annual Kabarole District inter-sub-county **football** tournament - the most from among any of the schools in the county.

This was the first time Sadhguru School had participated, thanks to the leadership and organisation skills of student Jordan (pictured far right), who canvassed for and organised the school's participation.

In the under-13 football tournament held in Fort Portal all 12 sub-counties participated. Kasenda were overjoyed to make it to the finals, having never previously got beyond the group matches.

Jordan won the sub-county tournament prize for best midfielder

front in the image

Denis won the sub-county tournament prize for best goal keeper

second in the image

Thank you to Helena & Ciara Richards for providing the match kit



Jordan, Denis and Marvin were selected from Sadhguru School to play for Kabarole County in the Regionals in Mbarara which took place at the end of August 2023. Leacky (previous page, 3rd from front) was highly commended as a player but too young to join the

regionals. From the Kasenda sub-county team, the three Sadhguru School starlets were the only individuals selected! And after spending one week in close quarters with his team of 16 proteges, the District Coach could not help commenting:

“I wish all the boys shared the same discipline, behaviour and comportsment as those three from Sadhguru School!”



Left: Daphine scored the most tries of all the boys & girls in the U-14 Entebbe rugby tournament

Below: the team awestruck to meet players from the Uganda National Rugby 7s team



Path of Leadership:

The three 'i's dreamt for
all through their journey
at Sadhguru School



Integrity
Inspiration
Insight



A young child is shown in profile, playing a tambourine. The child is illuminated from the side, highlighting their face and the instrument. The background is dark, with a bright, circular light source (possibly the sun or moon) visible in the upper right corner. The overall mood is artistic and contemplative.

*V Performing &
Visual Arts*



Four times a year we celebrate the full moon in style

music
dance
storytelling

Full Moon Fireside



Vers 1
Ikaleera Chope na Bigungu naija
enketera enyanja
bwasemera
obwana bwesama nichera leru
indangirwa enyemera
bwasemera obugenyi
bwamunywani wange,
bwasemera
Make make garutabandara nabatooro
wahirwa
bwasemera
anainywe mobohe emisengo
bajungu baizire mbabo rugabante
bwasemera obugenyi bwamunywani
wange bwasemera

Chorus
Busemire busemire
Bwasemera
Abarungi Mali Mali
Bwasemera obugenyi
bwamunywani wange,
bwasemera
E busemire busemire
Bwasemera
Abotooro muno muno
Bwasemera obugenyi
bwamunywani wange,
bwasemera

Behind Scenes

catch a glimpse of some of our 2023 folk repertoire

Bwasemera ('Beautiful') is a folk song from Tooro Kingdom (where the school is situated) praising the beauty of cows.

Being sung for centuries - the writer is unknown - different artists add their own flavour yet keep to the main purpose of praising the beauty of animals at an introduction of a betrothed, as he offers his dowry to his future inlaws.

In Uganda it is the man who provides the dowry.



Number One Song Writing Process

“Number One is a dedication to a working partner. We paired the students up and asked them to appreciate each other in all that they do within the school environment – to encourage them as one friend to another never to give up.

‘Then we came back together as a group and collectively came up with the song lyrics, at least one line from each pair’s book. Sidney helped with the chorus, inspired by a Nigerian song, Rogers came up with the rap section, and by the third class session we were adding in some Swahili and Rutooro lines for extra spice.

Unlike with *My Mamaland* (page 31) where we composed the tune ourselves using the Mussica app - basing it around the pop cords C, G and D - we decided to put *Number One* lyrics to the backing track of an existing song with an Afrobeat rhythm (Jason Derulo’s *Love not War*).

Gideon Muhindo,
Sadhguru School Music & Maths Teacher





Flashback:

students Joy and Jolly at home during the two-year Covid lockdown for schools



Isaza & the King of the Underworld

On 25th June 2023, the students presented *Isaza & the King of the Underworld* to an audience of 200 at Kampala National Theatre; a musical production based on a popular legend of how the mightiest empire in the region's history came to an end.

Before Uganda was ever Uganda, there were four kingdoms locked in a never-ending dance for ascendance. Buganda in the central region, Bunyoro in the

northwest, Tooro in the midwest, and Ankore in the southwest. But before any of these kingdoms ever existed, they were once provinces of a larger and much more revered polity — the empire called Kitara.

Sadhguru School's play re-enacts the events of Isaza's clash with Nyamiyonga with a potpourri of dialogue, rap, song, and dance. The songs and dances are taken from Tooro (where the school is situated) and Bunyoro, twin kingdoms





ruled by a lineage that claims to be the last legitimate heir of the Tembuzi dynasty. The raps are written by students. And the dialogue is the joint effort of teachers Daniel Nuwamanya and Carol Kobusinge.

From Reception to Year 6, the entire school came together to build, stage manage, and organize a production that was nothing short of mesmerising.

Early Years and Key Stage 1 students helped their music teacher build the dance and songs.

Key Stage 2 students worked with their art and tailoring instructors to design costumes, props, and items for the set. And under the stewardship of Natasha, Massa, and Gideon, a work of magic came to life.

Read more about the making of #IsazaUnderworld [here](#)



Flashback:

photography club, moving through
the school gardens... 20 restored
phones donated by Brian Cronin



MEET THE CREW

NATASHA MUHINDI

PRODUCER



She's the force that steered #IsazaUnderworld from an idea in a teacher's meet to its premier at school, a staging for our community at Ndali, and then at Kampala's National Theatre. She's a music enthusiast and a lover of the performing arts. She is deeply intrigued by stories.

Producing #IsazaUnderworld has been challenging yet deeply fulfilling. As a proponent of the creative arts for self-exploration, watching the children grow through the arts has been my best life experience.

I would like the world to know that the performing arts is a pedagogical tool which moves beyond mere recitation and product. It is a means for personal growth and character building.

ISAZA

MEET THE CREW

MASSA BIRABI

DIRECTOR



Massa is a creative of many facets, with a background as a professional actor and graphic designer. He teaches our Year 7s and is involved in the school administration. He is passionate about cultural preservation.

I took on the challenge of directing #IsazaUnderworld because of the significance of Isaza's legend to Runyakitara folklore. I come from Eastern Uganda where we speak a different language to that spoken around the crater lakes of Sadhguru School, so directing it in vernacular while learning the language on-the-go was wild! Being able to nurture talent and see the kids shine was pure magic.

press play for student Jordan and Massa's interview with Xfm radio





ISAZA

MEET THE CREW

MUHINDO GIDEON

MUSIC AND DANCE DIRECTOR



Gideon is a cultural enthusiast and Sadhguru School's maths and music teacher with a core interest in Runyakitara music. His passion is to inspire young children to embrace the arts.

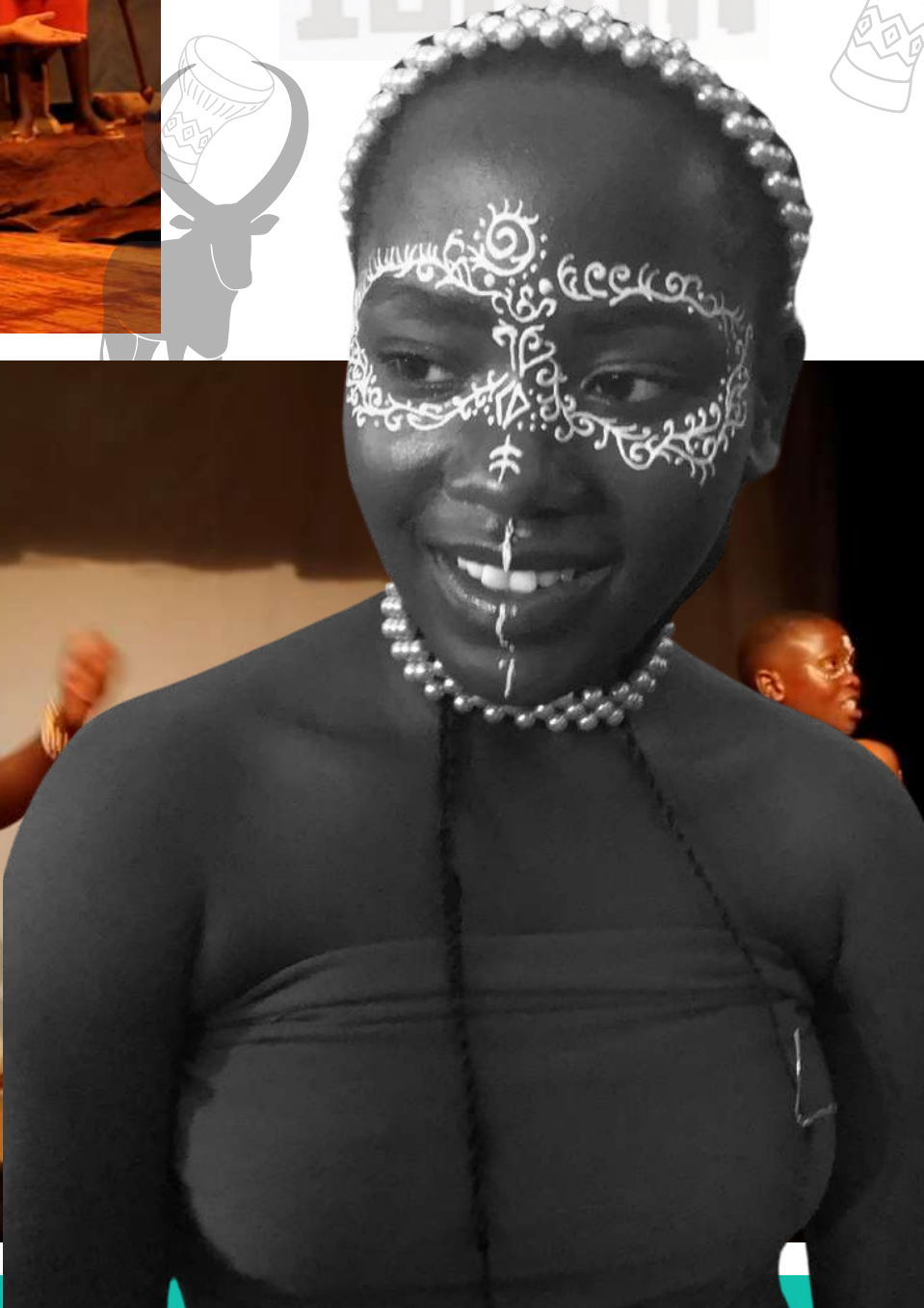
Through directing the music and dance of #IsazaUnderworld, I've been privileged to witness the joy of our children as they discover and connect with their cultural heritage. In our villages there are some deep rooted superstitions, which came in with the spread of Christianity, that dancing and singing the way our ancestors did is 'satanic' and inviting trouble from the spirit world. A good proportion of the children were reticent at first because of these ingrained misrepresentations of our traditions.

By the end of the months-long process, though from many different tribes, we were all feeling as one, celebrating that this is true for us, this is how we dance and sing as Banyakitara. As for Nicholas (right), he dances with all his heart, with all his spirit, putting his foot forward for everyone to follow. He kept drawing from me again and again one big, "Yes!"



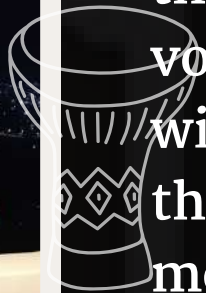


#IsazaUnderworld at
Kampala's National Theatre





5 nights in Kampala with 42 children would have been impossible without the love of a handful of volunteers providing us with accommodation in their homes, incredible meals & all sorts of games



A special thank you to Mukesh and Nita Thakrar for repeatedly providing us their space

All About Sadhguru School

We invite you to press play to watch our video introduction to Sadhguru School, crafted by Sadhguru School teachers in June 2023

written by Amooti Kangere,
edited by Max Bwire, narrated by
Anne Kirya





Asanati Twesime, 9 years



Rogers Byamukama, 11 years



Diana Karungi, 11 years



Ignatious Atwebembire, 9 years



Rogers Isingoma, 9 years



Simbi Byiringiro, 8 years



Reagan Kato, 9 years

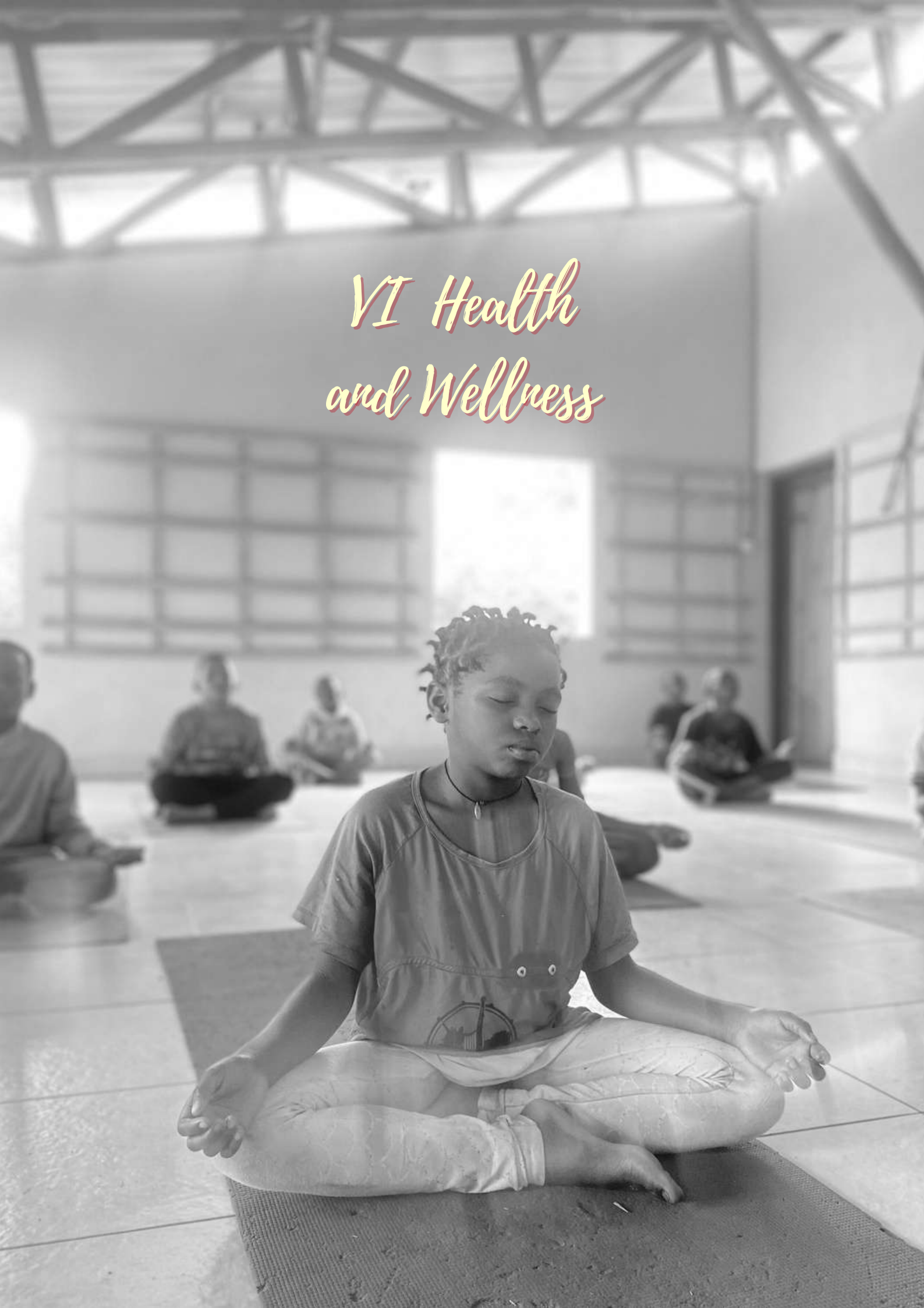
“It would be wonderful if this world was guided by little children, because they are much closer to life than anyone else.

- Sadhguru

Ink Art Retrospective

Paintings inspired by the children's visit to Queen Elizabeth National Park, W Uganda

*VI Health
and Wellness*





Flashback:

Daphine in the boardroom of Tata Motors: Sadhguru School children demonstrated a five minute practice, *Yoga for Success*, to managers and staff

Our Yoga Offering Explained

In 2014, the UN created a resolution to form an International Day of Yoga recognizing that health and wellbeing is an objective that requires close international cooperation. As an educational institution, we have the opportunity to address the issue of global health from the formative years of a child's education. Sadhguru School aims to create an infrastructure which supports these objectives and moves our students one step further towards the realisation of overall improved global wellbeing.

We have formed a curriculum integrating tools of classical yoga in order to equip the students to achieve this goal. We aim not only to prepare them to be successful in the workplace, but to find success in their personal lives as conscious, happy and healthy individuals. To this end the students practice a varied set of classical yoga methods which address issues related to mental, emotional and physical health.

Beginning in Reception (ages 4-5), we implement the simple practice of sitting in stillness and of Super Brain Yoga (*Thoppukarnam*). This is to start introducing them into the practice of yoga and is beneficial for their mental alertness and ability simply to be still without external input.

In Year 1 (ages 5-6), we begin with a 15-minute module of Upa Yoga (sub-yoga). This practice is to teach the children to move their bodies in more sophisticated ways and to lubricate and strengthen their joints.

In Year 2 (ages 6-7), we introduce the first of the advanced yogic practices called Surya Shakti. This builds flexibility and strength as well as strengthens the tendons and ligaments.

From Year 3 and above (ages 7 and above), we teach the children the final practice in the advanced children's modules, Angamardana. This enhances their liveliness and tenacity, as well as builds a significant level of agility and coordination. Angamardana revitalizes the body on every level from the neurological system to the muscular and skeletal system.

Blossoming with Yoga

To become the changemakers of their generation, children first need to establish their inner wellbeing



Depending on their age, the children practice between 10 and 45 minutes of yoga daily, for lubricating the joints and bringing balance to the system, enhancing concentration and mind-body coordination.

Above, angamardhana

Below, yoga namaskar, a part of upa yoga



Students gave a short demonstration of the angamardhana practice (immediately above) on the stage of Kampala's National Theatre in celebration of International Day of Yoga on 21st June, ahead of performing their musical play, *Isaza and the King of the Underworld*





15 Minutes Yoga Daily

All teachers and groundstaff come together first thing in the morning for a fifteen minute sequence which helps to balance the mental process and generates a deeper sense of relaxation in the body



Classical Hatha Yoga Graduates



From left clockwise, Natasha, Max and Chris, at different stages of their Sadhguru School journeys all expressed a desire to undertake the intensive 5-month hatha yoga teacher training course at the Isha Yoga Centre in South India. Sadhguru School was able to help make this a reality, and together with a lot of vibrancy they are offering what they received from the training to the children and to the community.

Isaac, bottom left, who teaches computer studies, is back with us after taking 9 months leave to attend the *Sadhanapada Intensive* at the Isha Yoga Centre, a programme designed for living an intense and energetic life with balance and clarity.



Yoga Retreats and Programmes throughout the Year





Cowdung Floors

interlude in a drumming and
dance performance: Elia
manages the dust

Just as we don't have the necessary enzymes and alkalines to digest food completely and need the help of the microbes which live in our gut, so it is for all plants: they cannot take the nutrients from the soil themselves and need the help of the billions of micro-organisms living there.

Through improper practices we have so destroyed the life in our soils that globally we are losing one acre of soil every second.

Background image: Sadhguru School
Save Soil wheat paste wall in progress



Press play to watch the Save Soil
mural unfolding



A powerful
combination of nature
and yoga to unlock a
child's full potential



None of this
would have
happened
without our
incredible
partners



TRANStel



VOLCANOES



Partnership Trust



Gifted.



“What you do should
not define who you are.
Who you are should
define what you do.

– Sadhguru

Costs per child


Item	Cost per year	
Meals (breakfast and lunch during 3 term times)	\$160	£123
Books, stationery, art and learning materials	\$70	£54
After-School Clubs	\$450	£347
Medical contingency	\$30	£23
Tuition	\$1,790	£1,379
Uniform (3 sets), including sportswear and shoes	\$90	£70
100% sponsorship school fees per child per year	\$2,590	£1,996


Adopt a child's education – \$216/month (£166)


Get in touch with us

If you are touched by our story and you are willing to help us in any way, please don't hesitate to contact us on info@sadhguruschool.org for further information.

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