



**Daisy Bronson Middle School student Tyler Tetrault with Angela & one of Kris Gentry's Certified Therapy Dogs at Daisy Bronson practicing *Namaste* as the end of an in-the-classroom-yoga-session.** "Nameste" is the Sanskrit word for "*The divine in me honors the divine in you*". Sanskrit is the language originally used to record the practice of Yoga. It is believe that this was done nearly 5000 years ago! Sanskrit is no longer a spoken language, but it is fun to try to say the words of yoga poses in Sanskrit and to learn some of the stories associated with these postures. In our modern western culture, "Namaste" could be translated by saying, "*Hey, how ya doing and have a wonderful day!*" Ending each class with this simple posture is a gentle way to remind ourselves it is important to slow down and notice the special little things that help make all the difference for having a "good" day....you never know how important a smile or an encouraging word might be to someone.



Testimonial from Kris Gentry,  
Special Needs Teacher and Certified Therapeutic Dog owner  
Littleton, New Hampshire

*"During summer school, Angela worked with my students in a number of sessions. What I found amazing was how the breathing exercises were quickly able to calm and sooth the kids, allowing them to better focus on academic tasks. These simple exercises can be done right in the classroom with minimal disruption to other students. I could definitely see this working well during the regular school year. They are quick, the kids like them, and they work!"*