

## **Nurturing Young Spirits**

By Linda Stone

There is one aspect of education not specifically prescribed by Montessori or the EYFS that Sonya has introduced at Milkshake Montessori entirely of her own volition - the spiritual.

As a qualified yoga and meditation teacher, she teaches children during their week at nursery, as well as teachers and parents in 2 open sessions on a Tuesday evening. "Children are a blessing from heaven" says Sonya. "We need to feed them emotionally and spiritually and help them reconnect with their core."

For Sonya, yoga started as something she did for herself - her own personal space away from her many other obligations. So effective was it in helping her to tune into her own needs and those of her family, friends and colleagues, that it has become a passion. "Working on my own personal development has changed my outlook and my management style" she comments. "In life, we are at the mercy of our own minds and they tend to take us over. Yoga, meditation and similar put us back in tune with ourselves, our environment and the bigger picture." Sonya attends as many yoga, meditation and similar workshops as her busy schedule allows - the most recent being a sound healing workshop. She shows me a 28" Symphonic Gong she has purchased. The resonance of their tones is the basis of the theory of sound healing which she plans to introduce to her children, parents and teachers soon. Sonya's ambition is to take yoga into the lives of older people and into schools to help relief children of exam pressure.

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