



MAHARAJA AGARSAIN PUBLIC SCHOOL



ASHOK VIHAR, PH-IV, DELHI-52

Web: www.mapsashokvihar.net

Email: mapsdelhi2005@yahoo.co.in

 **CAMBRIDGE**
International Education
Cambridge International School

To spark curiosity and encourage healthy thinking habits in our students, we are delighted to inform you that we are organizing a yoga-based activity and movement competition titled

“Little Dancer, Big Energy.”

(Small Practices, Powerful Peace – Where Yoga Begins Within)

For MONTESSORI 1

ON 28.1.2026

Rules and Guidelines

- Parents of the participant should arrange the **track/music** for their ward in a **pen drive (MP3 format only)**.
- Participants may use **one or more songs / a medley** for their performance.
- **Costumes should be appropriate to the theme of the competition.**
- The **pen drive must be well-labelled** and submitted to the **class teacher**.
- The **audio quality should be clear** and free from disturbances.
- **Time limit: 1.5 minutes** for each participant.
- **A minimum of 5 yoga poses is compulsory** in the performance.
- The **decision of the judges will be final and binding.**

Evaluation Criteria

- Movements & Poses
- Music Choice
- Props (if any)
- Overall Performance



OVER THE RAINBOW

