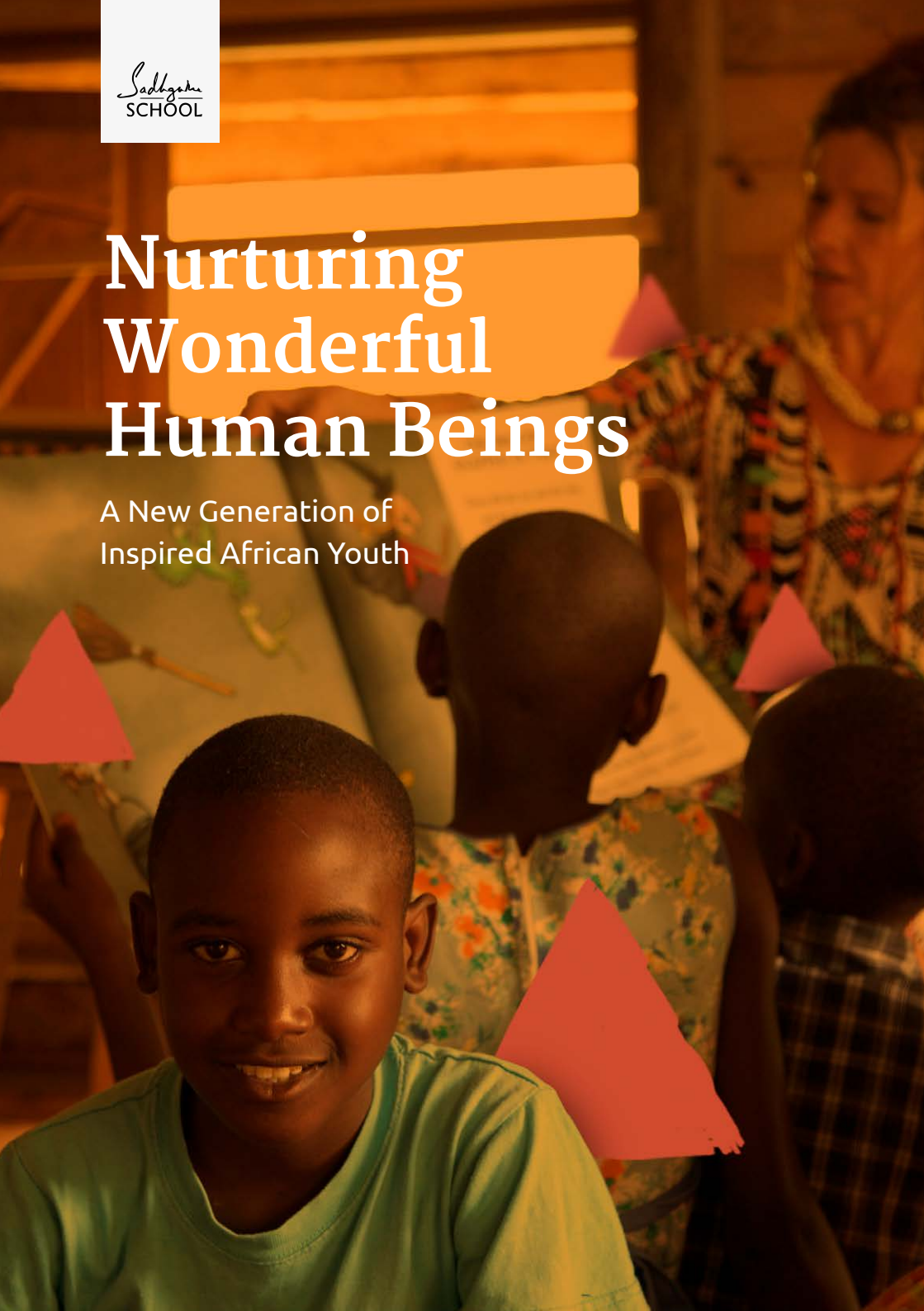
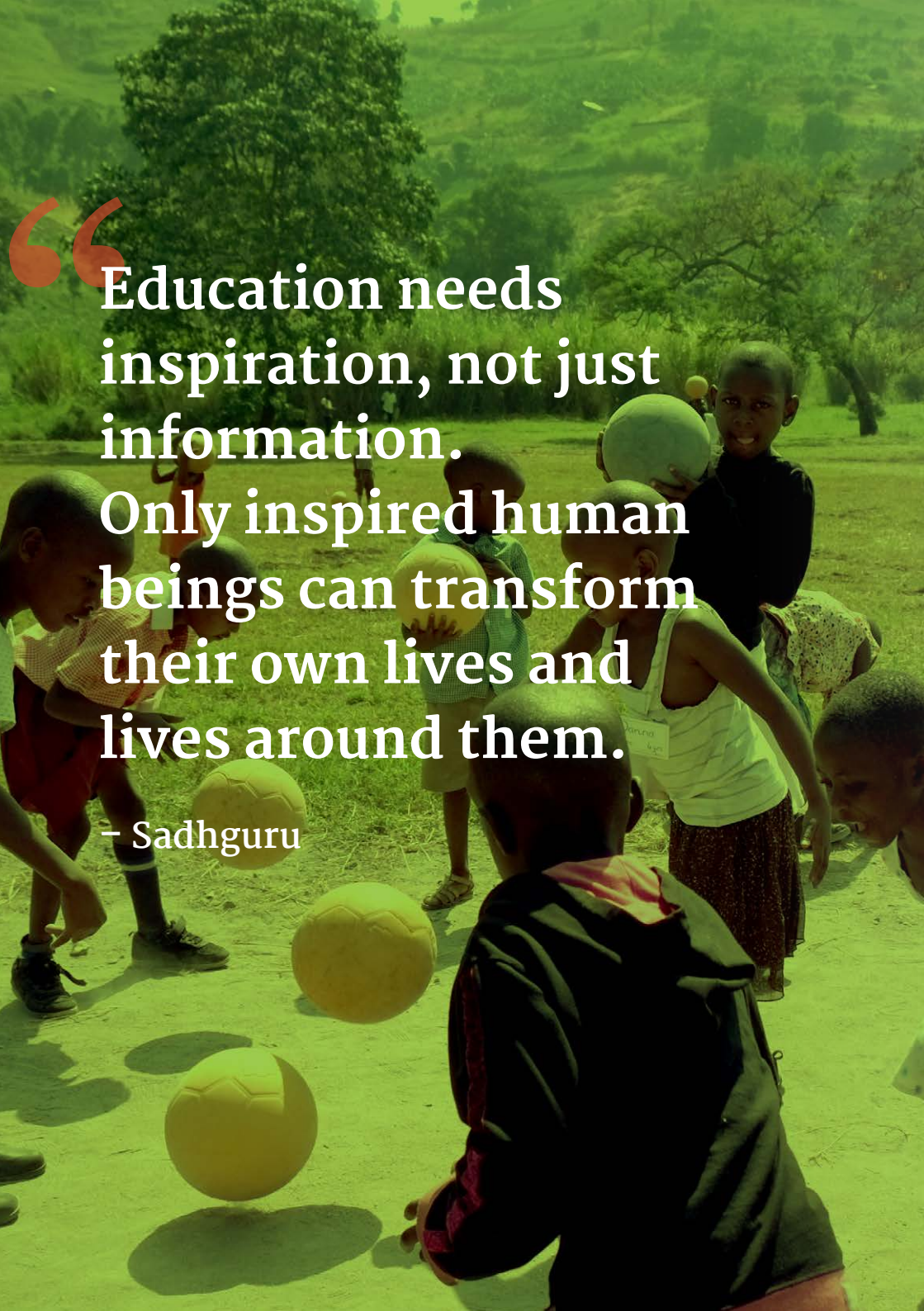


# Nurturing Wonderful Human Beings

A New Generation of  
Inspired African Youth





A group of children are playing with large yellow balls in a grassy field. The children are of various ages and are wearing casual clothing. The background shows a line of trees and a clear sky.

“Education needs  
inspiration, not just  
information.  
Only inspired human  
beings can transform  
their own lives and  
lives around them.

– Sadhguru

## The founder

Yogi, mystic, and visionary,  
Sadhguru is a spiritual master  
with a difference.

Sadhguru has a unique ability to make the ancient yogic sciences relevant to contemporary minds, acting as a bridge to the deeper dimensions of life. His approach does not ascribe to any belief system, but offers methods for self-transformation that are both proven and powerful.

Named one of India's 50 most influential people, Sadhguru's work has touched the lives of millions worldwide through his transformational programs, schools and environmental projects, which include the remarkable Rally for Rivers which bought 160 million people together across 16 states in India to resolve ways to restore India's dying water sources; and Project Greenhands which has seen 18 million trees planted in Tamil Nadu.

Sadhguru has spoken at leading educational institutions, including Oxford, London Business School, IMD, Stanford, Harvard, Yale, Wharton and MIT, and has been an influential voice at major global forums including the UN and the World Economic Forum. He is founder of Isha Foundation, an organisation dedicated to the physical, mental and spiritual wellbeing of humanity.

[Read more on Sadhguru's impact](#)





# Our School

The only one of its kind in East Africa, Sadhguru School in Western Uganda offers a learner-centred international education to rural children, offering them access to a standard of learning that would never normally come their way.

Our vision is to invigorate a new generation of rural African youth to become changemakers, dedicated to improving the communities and world they inhabit. Students are nurtured to become exuberant, fully rounded individuals who are in harmony with themselves and the world. The curriculum is designed to ignite a child's natural curiosity to learn and explore, in contrast to the more traditional teacher-led methods of rote learning.

Sadhguru School opened in January 2017 and currently has 93 students aged 3 to 10 years old. By 2022 it expects to have reached capacity of 220 students for primary and early years.






# Creating a Joyful Atmosphere

We are fortunate to be deep in the embrace of a wild, vibrant nature, regenerating at an accelerated pace – a permanent natural classroom and source of wonder for the children. Daily yoga practices reinforce this openness and ability to pay keen attention to just about anything.

The children are taught in airy, spacious and open-fronted classrooms, designed to incorporate the natural environment into every aspect of a child's learning. Classes take place outside regularly, many under the Magic Tree - a venerable old acacia tree brimming with wild orchids, bromeliads and ferns, and host to many visiting birds. The school maintains an African herbal garden for everyday use and for the children to learn from and a vegetable garden for supplying food for the children.

Twenty minutes daily practice of children's yoga, designed by Sadhguru, is geared towards enhanced concentration and memory, and improved mind/body co-ordination. Much to the joy of the staff, their biggest challenge is in persuading the children to go home at the end of the day: many children rush back into the classrooms to continue reading story books or play with the day's learning aids, while others bounce around on tree branches, filling the crater valley with giggles.



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




# The Students' Background

One hundred percent of the first intake of children are from the local community, whose parents are either subsistence farmers with no cash income, or earn between \$35 and \$80 per month from contract work digging in local fields, or from work on building sites.

On such incomes, parents can only afford to pay a commitment fee which is individually assessed according to their situation. This falls between \$11 and \$35 per term. The school also makes commitment-fee discounts for siblings, so that more than one child from a family can be able to join the school.

Sadhguru School is a not-for-profit company limited by guarantee in Uganda, committed to working closely with the local community in which it is situated. To offer an international standard of education in such an environment is a sheer joy and exciting door-opener, both for Sadhguru School staff and Board, as well as for the local community.

However, the local children need close to 100% support with school fees, and to ensure we can sustain this transformational education we need to find sponsors for our students.



**The local children  
need close to  
100% support with  
school fees**

# What a School Day Looks Like

The school day starts at 8am with a nutritious breakfast of millet porridge, often mixed with amaranth flour (high in iron, calcium and fibre), a type of wild spinach grown at Sadhguru School, and a banana. A healthy vegetarian lunch is served in the middle of the school day and the children enjoy plenty of sport, dance and music. Formal lessons end at 2.30pm, which is when the after-school activities begin. The key subjects are:


- ▲ **English and Rutoro**  
Reading and writing in English and their local language
- ▲ **Mathematics**
- ▲ **Knowledge and Understanding of the World**  
Encompasses Science, Geography, and Social and Environmental studies
- ▲ **Personal and Social Development**  
Encompasses hygiene, confidence building and relationship skills. Puppets, stories and role play are strategies used to encourage children to come up with their own solutions to everyday problems
- ▲ **Information Technology**
- ▲ **Creative Visual Arts**  
Dance, drama, drawing, painting, design and technology
- ▲ **Physical Development**  
Sports which include athletics, ball games, dance and gymnastics
- ▲ **Yoga**  
For lubricating the joints and bringing balance to the system, enhancing concentration and mind/body co-ordination



# After-School Clubs

Recognising the children's reluctance to leave school, a wide variety of optional after-school activities were introduced two months into opening the school, running every day of the week from 3.30-4.15pm.

- ▲ Traditional African music and dance
- ▲ Contemporary dance
- ▲ Drama
- ▲ Singing and percussion
- ▲ Nature club
- ▲ Stories and rhyme
- ▲ Girls and boys mini football and tag rugby
- ▲ Fielding and striking - a mix of mini rounders, baseball and cricket
- ▲ Gymnastics
- ▲ Film club



So far every child  
has chosen to  
stay on and join  
an after-school  
activity



# Children blossoming with yoga

To become the changemakers of their generation, children first need to establish their inner wellbeing. Along with providing daily yoga practices for the students, we're organising yoga retreats, workshops and events for the local community.

Every day the school day starts at 7.45am for teaching and ground staff with 35 minutes of yoga and meditation: that is, 15 minutes of preliminary asanas followed by a 21 minute kriya (Shambhavi Mahamudra Kriya).

The children practice 15 to 35 minutes of yoga daily, depending on their age. These include upa yoga, yoga namaskar,

surya shakti (a dynamic form of sun salutation), and sukha kriya.

Alongside other major world traditions, key celebrations in the yogic calendar are incorporated into the school calendar and curriculum (through art, stories, theatre) where possible, such as International Day of Yoga, Mahashivaratri, and Guru Pournima.

“Education is about expanding the horizons of human experience and becoming inclusive.

– Sadhguru



# The Environment

Sadhguru School is set within the beautiful forests and volcanic crater lakes of the 680-acre Ndali Estate, in Western Uganda, overlooked by the Rwenzori Mountains, and within the Kingdom of Toro.



# Our ecological buildings are entirely sourced and built locally

Designed by a volunteer, all the construction materials at Sadhguru School were sourced locally either from Ndali Estate, where the school is situated, or from the surrounding area.



Classrooms run off solar power and all water is rainwater harvested. The toilets are self composting, based on a design developed in Brazil. And the kitchen uses fuel-efficient rocket stoves.



We used locally made clay bricks and clay floor tiles; swamp grass and banana fibres for flooring mats woven by local ladies, and timber from wind-blown trees for classroom desks.



The external walls are coloured using a wash of natural earth pigments.



Coppiced eucalyptus for roofing poles.



# Help our children create a better future for Africa

Sadhguru School students are being offered the foundations for them not to stand in line for jobs, but to be the ones to create jobs in Africa. Good education costs. Yet because the school is not-for-profit, and works hard with volunteers to source external funds for infrastructure through grants and corporate donors, it is able to offer a world-class international education at a fraction of

the cost of other international schools (whose fees are upwards of \$6,000); but most unusually, and the only one of its kind in Uganda, Sadhguru School is offering this world class education to children of the poorest rural families in Uganda - through seeking individuals touched by the initiative who are willing to 'adopt' a child, whether it be the full or partial adoption of their education.

## Keeping you in the loop

▲ **Connect to the child**  
we will pair you with a child and send you their photo

▲ **Regular Emails**  
biannually we will email a 1 or 2 page newsletter with an update on your child and the school's progress

▲ **Updates and pictures**  
annual correspondence and pictures from your child will be emailed

▲ **Meet 'your child'**  
An open-ended offer to come out and stay, meet 'your child', and volunteer - whether for a day or a month.

## 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
<b>100% sponsorship school fees per child per year</b>	<b>\$2,590</b>	<b>£1,996</b>

**Adopt a child's education - \$216/month**

## 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 get in touch with either Clare or Lulu, directors of Sadhguru School for further information.

**Lulu Sturdy**

Director of Sadhguru School  
[lulusturdy@yahoo.co.uk](mailto:lulusturdy@yahoo.co.uk)



**Clare Murumba Price**

Director of Sadhguru School  
[sadhguruschools@gmail.com](mailto:sadhguruschools@gmail.com)

