



SALWAN PUBLIC SCHOOL, RAJENDRA NAGAR

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Subject: Let's Celebrate Yoga Classes Nursery-XII

SPS/209 /2024

28th May, 2024

Dear Parent

Greetings!

Derived from the Sanskrit word yuj, i.e. to yoke, Yoga integrates all aspects of the body with the mind and soul to achieve ultimate happiness and a balanced life. It is an ancient Indian practice for living healthy and combines physical and spiritual disciplines that connect the body and mind.

It creates mental clarity, calmness and at the same relieves chronic stress patterns. In addition it sharpens concentration both for adults and children.

On the occasion of International Day of Yoga, the School is organizing a 'Special Yoga' session for the students, parents and teachers in the school grounds on Wednesday, 21st June 2024 from 7:00 a.m. to 8:00 a.m. The session will be conducted under the guidance of trained Yoga Masters of our school.

We cordially invite all to join us for this session and take a positive step in taking care of our health.

Day & Date: Wednesday, 21st June, 2024

Reporting time: 6.45 a.m.

Yoga Session: 7:00 a.m. – 8:00 a.m.

Dress Code: Comfortable Track pants and T shirt

Things to Carry: Yoga Mat & Water Bottle

To register for the session, please click on the link given below

➤ <https://forms.gle/7ULdAWsC1Cw5yXZs8>

(Please note registration is mandatory to participate in the event.)

Please join the following Whatsapp Group link for future updates:-

➤ <https://chat.whatsapp.com/Gkdt8B2VZa7L6UV3pwcEY9>

Regards

Priyanka Barara
Principal