



Circular: DISE-PA08/June05/09/2021

Date: 10<sup>th</sup> June, 2021

## *Yoga training session for Students, Parents and Teachers*

Dear Students, Parents & Teachers,

Yoga is one of the oldest disciplines that India gave to the world. Yoga is a Sanskrit word meaning 'Union' which uses breathing techniques, exercise and meditation to improve health and happiness.

We are embracing the Yogic Science as a step towards the wellness of the masses. The school is organizing a series of 'Yoga training sessions' for our students, parents and teachers starting from 11<sup>th</sup> June'21 every morning at 8:40 am to 9:00 am.

Kindly note that till 21<sup>st</sup> June there will be no classes in the time slot 8:20 am to 8:55 am. Yoga will be practiced from 8:40 am to 9:00 am.

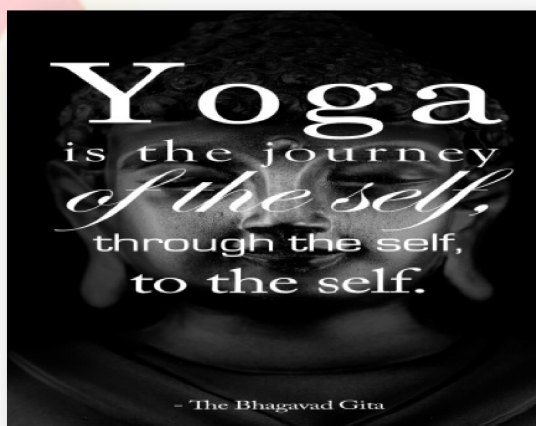
This session are aimed to bring into our regular habit a few minutes of:

- Breathing exercises
- Laughing exercises
- Meditation techniques
- Relaxing techniques

We request the parents to join in large numbers in the morning sessions over Microsoft teams titled "Yoga for Health" to start the day in a healthy way.

"It's never too early or too late to work towards being the healthiest you."

We look forward to your participation towards one-step closer to the healthy lifestyle.



With regards,

Principal