

Friday 14<sup>th</sup> June 2024

Dear Parent/Carer,

We are delighted to inform you that your child will be taking part in an exciting Yoga workshop on **Tuesday 2<sup>nd</sup> July 2024** as part of their PE lessons.

During this session, your child will be introduced to Yoga and try out some fun yoga poses and techniques. They will also learn about the benefits of looking after their minds and bodies and will take part in a non- spiritual guided meditation to help them relax and enjoy the session.

Kind Regards,  
Miss Clark and Miss Goodwin  
PE Co-Ordinators

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**Please only fill in the below slip if you wish to opt out your child.**

I **do not** give permission for my child .....to take part in the Yoga workshop.

My reason for this is: .....

.....

Signed:\_\_\_\_\_