

YOGA CLUB



Dear Parents/Guardians,

We will be starting a Yoga Club for all students in Grades 1-6 during Second Nutrition Break (12:15-12:40) on Wednesdays. We will focus on gentle stretching, breathing, balancing and flexibility. Students are expected to wear comfortable clothing such as leggings, or jogging pants. They are also expected to bring a towel or mat from home (they cannot participate if they don't have one or the other). Please sign the permission form and return it to either Ms Fraser, Ms McCormick or Mrs Kelly by Wednesday, February 14th. This will be our first day.

Thank you,

Yoga Coaches

I give my child _____ permission to participate in the Yoga Club.

Parent/Guardian Signature

Date