

# Parkhill Infants' School



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Ilford Essex  
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Headteacher: Miss M A Mersh B.Ed

14 January 2009

Dear Parent/Carer

## Yoga classes

This term we are proposing to start weekly Yoga sessions for parents and their children. The sessions will be run by an experienced yoga teacher. She will be teaching meditation, breathing exercises and stretching which generate good health. Sessions will be held on Thursday from 3.45pm – 4.45pm in the school hall and will cost approx. £1 per person (depending on the number of participants). Each child must be accompanied by an adult and suitable clothing is necessary.

If you are interested in joining these sessions would you please complete and return the slip below. Further details will be sent to all parents wishing to attend.

Yours sincerely

Miss M Mersh  
Headteacher



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## Yoga Sessions

I would/would not be interested in joining a weekly parent and child YOGA SESSION.

Signed ..... parent

Child's Name ..... Class .....

