Dear Grade 3-9 Parents,

Any students interested in completing a Yoga Challenge during the week of April 20 – 24th in the morning are welcome to join Mr. Thorsell at 8:15 in Assumption Gym. Yoga is a calming experience and recent research has shown that it is very beneficial to student behavior and work output. Students are encouraged to come to every challenge during the week but it is alright if they miss a few. We will be starting the Yoga at 8:15, mats will not be provided but students are more than welcome to use a gym mat. If we gather enough interest, we may continue the challenge on several other weeks before the end of the school year.

Thanks,

Dean Thorsell

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My child, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, would like to participate in the Yoga Challenge during the week of April 20 – 24 at 8:15 every morning.