



FAIRLANDS PRIMARY SCHOOL

Pound Avenue
Stevenage
Hertfordshire
SG1 3JA

2st September 2023



Dear Parent/Carer,

Family yoga session to celebrate World Mental Health day

Yoga is an incredible tool for supporting your mental health and yoga as a family makes it even more special! Join us after school on Tuesday 10th October 3.30-4.15pm in the upper hall for a fun session of family yoga and mindfulness. We will play games, tell stories, and have fun in a relaxing way. No experience necessary.

If you would like to book a place for your family, please return this slip to your class teacher by **Friday 6th October** Max 3 school children per adult.

Hope to see you there!

Mrs Toll

World Mental Health Day

I wish to attend the yoga workshop on Tuesday 10th October 2023 3.30-4.15pm.

Name of children attending with adult: _____

Class: _____