



*School of Choice for Global Education*

# École Arbutus Global Middle School

May 12, 2017

## **Grade 6-8 Yoga Classes**

Dear Parents,

Starting later this month we are pleased to offer weekly yoga classes at Arbutus Global Middle School. The classes will be taught by parent Laura Alcaraz-Sehn and will take place in the cafeteria after school on Mondays, starting May 29.

During the class the group will learn about yoga poses and their physical and mental benefits. They will also learn how to be more patient with one's self as we introduce more challenging yoga poses. They will also explore meditation and relaxation techniques at the beginning and end of each practice.

Time: from 3 pm to 3:45 pm on Mondays

Please sign and return the form below if you give permission for your child to join these classes. Thank you to Laura for offering this healthy and wonderful opportunity!

Rob Parker, Principal

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### **Yoga Classes**

I give permission for my child \_\_\_\_\_ to join Yoga Classes at Arbutus

Global Middle School after school from 3 pm to 3:45 pm on Mondays starting May 26.

\_\_\_\_\_  
Parent Signature