07 March 2019

Dear Parents

**Start Each Day the Positive Way!**

I am delighted to invite you to attend a YogaBugs parental workshop that will be held on:

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Bluebell</td>
<td>9:10am – 9:50am</td>
</tr>
<tr>
<td>Daisy</td>
<td>9:55am – 10:35am</td>
</tr>
<tr>
<td>Buttercup</td>
<td>10:40am – 11:20am</td>
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</tbody>
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Please see time slots allocated below for your child’s class:

Once a week the children in Reception have been taking part in exciting, fun adventures with YogaBugs - their programme run in line with the National Curriculum and benefit children by:

- Increasing their confidence
- Improving their concentration
- Developing their creativity
- Participating in a physical activity

Parents are more than welcome to join in the class, or you can watch the children take part in their YogaBugs adventure.

During the workshop, you will receive a booklet that is full of fun tips, relaxation techniques and postures that you can do at home with your children.

We look forward to see you there.

Yours sincerely

Holly Hickin
PE Coordinator