



Meet me on the Mat!



Dear Parent and/or Guardian:

Beginning the week of April 4th, I will be offering students the opportunity to meet me on the mat in the morning before school starts. I will be teaching a short yoga program **beginning at about 7:45 a.m.** and continuing until the Pledge of Allegiance at **8:10 a.m.** which is when school officially begins. The program will be held **on Tuesday mornings only**.

The dates will be:

Tuesdays, April 5th, 12th, and 26th

Tuesdays, May 3rd, 10th, 17th, 24th, and 31st

Students can either be transported to school or they can exit their bus when it arrives in the morning. This program will involve breathing exercises, muscle strength, relaxation, and flexibility exercises. The school is providing some mats, but your child is welcome to bring their own mat if they'd like. Your child should wear comfortable clothing and may bring a water bottle. Shoes will be removed during the practice. Any student who wishes to participate in this program must return the permission slip that is located at the bottom of this paper. **Front and back please.**

The bottom portion of this note will act as the permission slip for this program.

***** **Please see the reverse side for more details.** *****

I will not limit the number of participants but each participant must understand that they are attending a serious practice. Any inappropriate behavior will be addressed immediately.

Please do not hesitate to contact me with any question or concerns at:

aorlandi@wlps.org

Sincerely,

Mrs. Orlandi

My son / daughter _____ has my permission to participate in the morning yoga program. (please print your child's first and last name)

(Parent/guardian signature)

(print your child's teacher's name)

grade

A phone number or e-mail address you can be reached at: _____

Important: Your child must bring the bottom portion of this slip with them every time they attend the practice.

The slip is to be placed at the end of their mat.

If the slip is forgotten, the child cannot attend the practice. If the slip is lost, he / she may obtain a new slip from Mrs. Orlandi (room 6) or the office.

Thank you so much for your help and cooperation.

Please have your child **print his / her name on the line above in large, clear print**

Attendance - please check the line in front of the dates you attend.

Tuesdays, ___ April 5th, ___ 12th, and ___ 26th ___ May 3rd, ___ 10th, ___ 17th, ___ 24th, and ___ 31st

