



Subject: Request to Host Yoga Session on International Yoga Day

Dear [School Administration/Principal's Name],

I hope this message finds you well. As a parent and a believer in the benefits of yoga, I would like to propose organizing a special event at our school to celebrate 10th International Yoga Day on June 21st 2024.

I have a few suggestions on how we can make this day meaningful and engaging for the students:

Informative Session: We could start the day with a brief informative session in each class, where students can learn about the origins of yoga, its various forms, and the benefits it offers for both physical and mental health. This could be a great way to introduce students to the practice of yoga and its significance in our lives.

Group Yoga Session: Following the informative session, we could organize a collective yoga session in a field or open area, involving all classes. This would be a wonderful opportunity for students to experience the practice of yoga firsthand and understand its calming and rejuvenating effects.

To facilitate this, I am happy to offer the services of a trained yoga teacher who can conduct the sessions. The teacher can accommodate 30-minute slots to have a group exercise for the kids in school premises.

I believe that celebrating International Yoga Day in this manner would not only promote physical and mental well-being among students but also foster a sense of unity and mindfulness within our school community.

I look forward to hearing your thoughts on this proposal and am available to discuss it further at your convenience. Thank you for considering this request.

Best regards,

[Your Name]

[Your Contact Information]

