

Dear parents/carers,

**Re: Free yoga sessions for parents/carers**

As you may already be aware, yoga sessions are offered to students as part of our therapies programme at Queensmill. We believe that yoga helps our children to regulate themselves which in turn supports them to reach their full potential for learning as well as to find moments of peace and stillness. We have also recently participated in a mindfulness workshop for our staff, with an aim to both improving their well-being and supporting the children in a more holistic way.

As we have experienced the benefits that both yoga and mindfulness can bring to staff and students, Queensmill would like to offer free yoga sessions to parents and carers with a focus on providing you with an opportunity to take care of yourself. The sessions will offer you a time-out from your busy lives, to restore and nourish yourself. It can be easy to forget that to take care of others, you need to take care of yourself first. We therefore encourage you to take this opportunity to try out a class. No previous yoga experience is needed and you do not need to bring any equipment along (but please bring a yoga mat if you have one and would prefer to use your own). All you need to do is to show up!

Sessions will include:

- Breath awareness, mindfulness
- Gentle stretching and strengthening
- Restorative poses
- Guided relaxation

**Venue: Queensmill School (Training room)**

**Time: Every Friday (during term time) at 10-11.15am, Starting: 23<sup>rd</sup> of February**

**Agnieszka Marszewska:** I am a qualified yoga teacher with advanced training (500 RYT). My journey with yoga started 10 years ago. I studied and practised yoga and meditation in India, Nepal, Thailand and the UK. I also completed additional training in children's yoga and yoga therapy (e. g. Special Yoga and Mindfulness for Autism and ADHD, Special Yoga for Special Children). I've been running yoga therapy programme for children and young people in Queensmill for 3 years. I've been also teaching adult's yoga in India, Poland and the UK.

Please detach and complete the slip below if you are interested in attending and return this to school to book your place on the classes.

Kind regards,

Agnieszka Marszewska  
Yoga Teacher

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**Parent/carer yoga session on Fridays 10-11.15am**

Child's name \_\_\_\_\_ Class \_\_\_\_\_

Parent/carer name \_\_\_\_\_

I/we would like to attend the parent/carer yoga sessions

Number of people attending \_\_\_\_\_