



*Loving to learn, Learning to love.  
For every child a chance to shine*



LAYSTON C of E FIRST SCHOOL  
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Headteacher: Mrs A McMurrough

Dear parents,

All year groups have an exciting opportunity to take part in Tai-Chi/Yoga as part of their PE lesson. This will be held on 24<sup>th</sup> February.

The workshop will cover:

- Slow powerful movements combined with deep breathing to create a moving meditation practice.
- Short power point presentation
- 30 minute practical session
- Question and answer

Children should come to school in their PE uniform for this day to take part in the workshop. This is a chance for the children to be exposed to mindfulness exercises as well as linking towards our Eco Warriors objective when achieving our green flag for the school.

Kind regards,  
Miss Kelly

