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CIRCULAR

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Dear Parents

“Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.” – B.K.S. Iyengar

A sound mind in a sound body is an old adage which emphasizes the fact that mind and body are interdependent for sound health. Yoga is the perfect way to cope up with the situation we find ourselves in today.

The 6th International Day of Yoga will be celebrated on Sunday, 21st June, 2020. The Asian School will join in the celebrations with yoga classes for all levels from Kindergarten to Grade 12 which will be conducted by our own teachers as well as professionals from various countries such as the U.K., U.A.E, Hong Kong, India and Bahrain.

A short yoga class for the tiny tots of the Kindergarten Section will start at 2.45 p.m. and will be conducted by the Class Teachers so please log in with the Meeting ID and Password of the Class Teachers.

For students of Grades 1 and 2, the class will take place during the first period of the day and will be conducted by the respective teacher, so please log in according to the regular time-table.

For Grades 3 to 12, the class will be from 8.00 to 8.30 a.m. Grade 3 Yoga Class will be conducted by the Class Teachers so please log in with the Meeting ID and Password of the Class Teachers.

Yoga Class Zoom Meeting Ids and Passwords for Grades 4 to 12 will be sent through e-mail.

Students are required to wear their school white PT t-shirt and comfortable black track pants or yoga pants. Attendance is mandatory.

I would also like to add that it has been noted that many parents have not yet logged into the parent portal. I request all of you to do so at the earliest.

Principal