

Education Week 2016
at Morang South Primary School

Mind and Body Workshop

Monday 16th May until Friday 20th May



28th April 2016

Dear Parents,

Education Week has always been a widely celebrated event here at Morang South Primary School and this year we are extra excited!

We are thrilled to announce the opportunity for all children to participate in a visiting **Mind and Body Workshop**. The workshop, run by an experienced and highly regarded teacher, will guide children on how to use breathing techniques to regulate emotions, improve concentration and energy levels. Through age appropriate stories, songs and games, children will be taught basic yoga poses for increased strength, coordination and flexibility.

Each class will be allocated an hour session during the week. The cost of this workshop is covered by the 2016 Essential Learning Resources (requisites and curriculum activities) payment.

Kind regards,

Melinda Bell