



**ST. ANGEL'S SCHOOL**



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SAS-45/07/2021

Date: - 20-06-2021

Dear Parents and Students,

Greetings and Best Wishes!

Yoga is a physical, mental and spiritual practice which originated in India. The idea of International Day of Yoga was first proposed by our honorable Prime Minister Shri Narendra Modi in the year 2014. On the occasion of the seventh International Yoga Day, Monday 21 June 2021, the School has organised a live Yoga Session for students and parents from 8:00-9:00a.m.

Kindly join us for the same at Google meet platform. Link will be shared shortly.

Warm Regards

*Sonia McPherson*

Vice Principal