



www.sportletics.org
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Dear parents,

We are pleased to inform you that your child will be participating in a Yoga & Mindfulness day hosted by the Sportletics Foundation at your child's school on May 28th. This will be at no cost to families.

Sportletics is a non-profit focused on providing communities in the Greater Toronto Area with fitness, mindfulness and life skills development opportunities. In public elementary schools, we focus on providing full day or ongoing weekly fitness activities for students.

The session your child will participate in will be thirty minutes to one hour in duration with a focus on introducing some basic Yoga and Mindfulness activities.

Our programs are designed to teach students in a fun and engaging manner while ensuring no ties to any religious or political organizations. Your child will benefit from learning from one of our enthusiastic and experienced instructors who has years of experience working with children.

We hope this experience will be a memorable and impactful one for your son/daughter. Should you have any questions, please do not hesitate to reach out to us.

Sincerely,

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