



# Vivekanand School

F-Block, Preet Vihar, Delhi - 110092

Ref. No. : VS/PV/2024-25/Cir-15

Date : 13/6/2024

## Embrace Inner Strength - Join Us for International Yoga Day Celebration!

**"You have the power to control what happens within you, even if you can't control what happens outside."**

Dear Parent,

Namaste!

We are excited to announce the upcoming celebration of International Yoga Day on **Thursday, June 21, 2024**. We invite our vibrant Vivians from classes IV to XII and other willing students along with their parents to join us for a power-packed Yoga session that promises to be energizing, soothing, healing, relaxing, and infused with positivity. It's an opportunity for us all to rediscover ourselves and take a significant step towards embracing a positive lifestyle.

We kindly request those who are interested to bring their own yoga mats and ensure appropriate attire for the session.

Session Details:

Timings: 6:15 am onwards

Entry and Exit: Gate no. 1

Venue: Anand Vihar School Ground

Let's come together to experience the transformative power of Yoga and nurture a healthy mind and body.

Warm regards,

**Principal**