

SHREE VASISHTHA VIDHYALAYA

“Yoga is the journey of the self, through the self, to the self.”

Date: June 20, 2026

Subject: Invitation to Celebrate Virtual International Yoga Day

Dear Parents,

On the occasion of International Yoga Day, Shree Vasishtha Vidhyalaya cordially invites you and your family to join us for a refreshing and rejuvenating **online Yoga session**. As a school community, we firmly believe that healthy habits begin at home. Practicing yoga together as a family promotes physical fitness, reduces stress, and fosters a harmonious, peaceful environment for our children to thrive and grow.

Virtual Celebration Event Schedule

- **Date:** June 21, 2026
- **Time:** 08:00 AM to 08:40 AM
- **Meeting ID:** <https://youtube.com/live/AYUVh9alU2Y?feature=shared>

Important Guidelines for Participants:

- **Attire:** Kindly wear comfortable, stretchable clothing or active sports attire suitable for exercise.
- **Preparation:** Please choose a quiet, well-ventilated, and spacious spot in your home. Ensure your yoga mat or a clean sheet is laid out in advance.
- **Punctuality:** To maintain a seamless and focused session flow, please log in to the virtual platform 05 minutes prior to the scheduled start time.

Let us unite across screens to breathe, stretch, and cultivate mindfulness together as a collective community. Your active participation will serve as a vital inspiration for our students.

Regards,
SVV