



The Millennium School  
Greater Noida (West)  
Think Today. Change Tomorrow™

### Invitation to International Yoga day

Dear Parents,

Greetings from The Millennium School, Greater Noida (W)!

Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed **June 21<sup>st</sup>** as the **International Day of Yoga**. It aims to provide fitness of mind, body and soul. It also rejuvenates our body and keeps us calm.

**We are delighted to invite you to join us for the celebration of 9<sup>th</sup> International Yoga Day at our school campus.**

**Day & Date- Wednesday, 21<sup>st</sup> June 2023**

**Time- 10:00 am- 11:00 am**

**Venue- School Cafeteria**

We have arranged for expert yoga instructor to lead a guided yoga session suitable for participants of all ages and fitness levels. It will be a wonderful opportunity for you to experience the serenity and rejuvenation that yoga offers. It is also an opportunity for us to come together as a community and engage in this ancient practice that fosters wellness and inner harmony.

#### **Resource person:**

**Mr. Kapil Chaudhary**- Certified Yoga Instructor • CGFI - Certified Group Fitness Instructor • CPT - Certified Personal Trainer • CSCS - Certified Strength and Conditioning Specialist.

We encourage you to wear a **comfortable attire, bring your yoga mats, water bottle** and an open mind to fully immerse yourself in this enriching experience. **Please note that participation is voluntary, and there will be no charge for attending the event.**

We request you to confirm your attendance **by clicking on the link shared below** to help us make the necessary arrangements. Kindly **bring your escort card along** to ensure smooth entry into the school campus.

LINK: <https://forms.office.com/r/7jsCsbbhxm>

We look forward to your presence and participation in making the International Yoga Day celebration a memorable and meaningful event for our school community.

Thank you for your support.

**Warm regards**

**Dr. Himani Tyagi,**  
**Principal**