



BRAHM PRAKASH DAV SCHOOL YOGA CLASSES FOR THE STUDENTS

Dear Parents

Brahm Prakash DAV School is pleased to inform that the school is starting yoga classes for the students from 12.07.2021 (Monday).

Constant yoga practice! embodies the unity of mind and body. It creates harmony between man and nature and is a holistic approach to health and well-being.

The school requests to consider the following guidelines for yoga practice:

- Yoga practice should be done on an empty stomach or light stomach.
- Yoga mat, mattress or blanket is necessary.
- Take bath after 10 – 20 minutes of practice.
- Food may be consumed only after 20 – 30 minutes.
- Yoga practice to be done under parents' supervision.

NOTE: The sessions will be conducted by the PETs as per the following schedule.



T. MALLESH PET

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
6:20AM To 6:50AM	VI A, B	VIII A, B	VIII C, D	X A, B	X C, D
7:00AM To 7:30AM	VI C	IV A	IV B	IV C	

R THIRUPATHI REDDY PET

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
6:20AM To 6:50AM	IX A, B	IX C, D	VII A, B	VII C, D	
7:00AM To 7:30AM	V A, B	V C	III A	III B	III C