



MIDDLE SCHOOL – YOGA SESSIONS

In order to introduce Yoga into the regular timetable, Yoga sessions shall be introduced from Monday, 18 July, 2022 for pupils of classes 6, 7 & 8.

Pupils of the Middle School shall congregate in the Lake Forest area (surrounding the laot), where provision has been made for conducting these sessions.

Pupils shall report there at 7.40 a.m. They shall NOT attend Assembly in the East Courtyard on that day. They shall wear College Sports kit.

Resident Scholars shall report to the area immediately after Breakfast. They shall not attend Chapel Service on that day.

All pupils must bring their Yoga mats with them.

(C. A. McFarland)
Principal

Notice No: 73

Date: Friday, 15 July 2022