



AVANTI HOUSE
Excellence · Virtue · Devotion

**AVANTI HOUSE
PRIMARY SCHOOL**
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Dear Avanti Family,

Subject: Wellbeing with Avanti - Daily Yoga, De-stressing Sessions and Family Wellbeing resources

We hope you are well and keeping safe.

Avanti's unique ethos places a key emphasis on each individual's wellbeing. We've created a **Wellbeing** page on our website for staff, parents, and students at Avanti and beyond to access some helpful tips and resources on improving and maintaining one's wellbeing, especially during these uncertain times.

Daily Yoga

We are hosting live daily Yoga sessions on the [Avanti Schools Trust YouTube page](#), Monday-Saturday, 10am-10:30am for you, your families and anyone to join and benefit! Our expert yoga teachers will lead you through a nourishing and enriching routine that can help your physical, mental and spiritual wellbeing.

Our first session is on Wednesday 29th April – 10 am-10:30 am.

All sessions will be recorded so you can access them at any point if you cannot attend it live.

Please share the link with anyone you feel may be interested, this is accessible for everyone in the Avanti family and beyond!

Please visit: <https://avanti.org.uk/wellbeing/> to see what resources and events are available to support you and your family's wellbeing.

We are always looking for ways to support our community's wellbeing, both during the lockdown and beyond. We'll be posting yoga poses, mindfulness techniques and wellbeing tips on our website, Instagram and Facebook pages, so please like and follow to receive updates.

AST Facebook: <https://www.facebook.com/avantischools/>

AST Instagram: <https://www.instagram.com/avantischoolstrust/>

AST YouTube: <https://www.youtube.com/channel/UCIKqipHTGr75vUPjsVQsj9g/featured>

Thank you

Avanti Schools Trust

Avanti Schools Trust is a private company limited by guarantee and an exempt charity, registered in England and Wales under company registration number: 07506598 with registered address: Camrose Avenue, Edgware, Middlesex, HA8 6ES. VAT registration number: 122 8491 20 "Avanti House School" is an academy school within the trust, and is effectively a trading name of the trust.

