

Here is a sample letter to concerned parents:

Dear Parent;

I understand your concern about unfamiliar concepts being taught in your child's school.

Kidding Around Yoga is a (or "I am a") firm supporter of the first amendment, and separation of church and state.

The dictionary defines religion as:

- The belief and worship of a super human controlling power, especially a personal God or Gods
- details of belief as taught or discussed
- a particular system of faith or worship.

None of these definitions apply to Kidding Around Yoga and what your child will be doing in our classes.

Kidding Around Yoga is focused on:

- Movements and postures geared at integrating mind and body
- Breathing techniques to relieve stress and sharpen focus
- Mindfulness exercises aimed at improving attention

We dance, march, jog, shake, skip, and limbo while practicing traditional Yoga poses, all while using our original music.

Please accept my invitation to observe or participate in one of our classes to better understand the benefits your child will receive from experiencing Kidding Around Yoga.

If you have any further questions, please do not hesitate to ask.

Namaste,

(All the good things in me see all the good things in you)

Or if that's TOO risky:

Sincerely,

Your Name