To: Principal Reyes
123 Maple Street
Anytown, USA 12345

Dear [Insert name],

I am an **official ambassador** for the 10th Annual Kids’ Yoga Day, to be held on Friday, April 4th. Kids’ Yoga Day (KYD) is an international event meant to raise awareness and ignite a passion for fitness and yoga for as many children as possible.

On Friday, April 4th, 2025, at schools, homes, yoga studios, and childcare organizations throughout the world, hundreds of official ambassadors, plus countless others who are following along at home, will lead students through a simple 5-minute yoga routine.

Since the first Kids’ Yoga Day in 2016, over 500,000 children in dozens of countries have participated, via in-person and virtual events! I am writing to respectfully suggest that [INSERT SCHOOL] participates in this special, no-cost event.

**Benefits of yoga for kids:** Simple yoga postures have been proven to help kids deal with the overstimulation of today’s technology-based world. Yoga has been practiced for over 5,000 years and helps kids of all abilities stay calm in the face of stress, increase focus and concentration, develop discipline, get physical activity, create healthy habits and the list goes on!

**A little about me:** I am a yoga instructor at XXXXXX yoga and also a parent of 2 young children. [Insert your own version!]

**How will it work?** On Friday, April 4th, all the classes will perform the simple yoga sequence at the same time, either virtually, in their individual classrooms, or all together. I can come in a week or two before KYD to lead teachers and students through the routine, so they can practice in advance if they wish. Or, we can all simply do it for the first time on April 4th. The routine was designed by Teresa Power, an internationally recognized expert on children’s yoga and the author of the best-selling and award-winning The ABCs of Yoga for Kids and Little Mouse Adventures series.

Are you interested in giving the gift of yoga to your students? I hope you are. If so, please contact me and we can set up a time so we can plan this exciting event. Thank you for your consideration.

Warm regards,

[Insert your name]

[Your Phone Number]
[Your business name – if applicable]

[Your email address]

PS – For sample routines, information about Teresa Power (the founder of KYD) and more, please visit http://www.kidsyogaday.com