



Rev Phillip J Gration
Chaplain
Email: phillip.gration@ellesmere.com

2nd March 2023

Dear Parent,

I am writing to tell you about this Half Term's offering from **Wellness Wednesday**.

We hope to make a variety of sessions available to students so that they can invest in their physical, mental and spiritual wellbeing – addressing problems now and learning habits, skills, and techniques for the future.

This half term, we are pleased to welcome a Qualified Yoga Instructor to explore some physical aspects of wellness. Below you will find a description of the content of the sessions and our instructor, Sasha Ford, introduces herself.

If your child is interested in these activities they should speak to (or email) their tutor in the first instance who can explain how they can access the sessions.

Students do not need to attend all of the sessions or make any kind of commitment, and they should not feel shy attending if they've missed previous weeks – these opportunities are intended to enhance rather than over burden our young people's school career.

I am always keen to hear from parents or member of the wider College community who feel they might be able to contribute to our Wellness Wednesday programme.

Thank you for your ongoing support in this area.

Yours sincerely,

Ellesmere College, Ellesmere, Shropshire SY12 9AB

Tel: 01691 622321 Fax: 01691 623286

www.ellesmere.com

A Woodard School

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Session Content and Instructor details from Sasha Ford:

The sessions will be an introduction to the benefits of yoga and meditation for the body and mind. Yoga provides a relaxing form of movement for everybody in a calming and non-competitive atmosphere. The children will be taught techniques to become mindful of their physical and emotional wellbeing and provided with an introduction to the scientifically proven benefits of breathing and mediation. Yoga is suitable for all students and can help with the management of stress, reduce anxiety, improve sleep and improve one's feeling of well-being.

Sasha Ford (who has two children at the College) has been practising Yoga for 23 years and teaching for the past 10. She has a specialist diploma in Child and Adolescence Yoga and has taught in schools around the UK, whilst also teaching teachers to provide elements of holistic movement and wellbeing in the classroom. She runs a local company, That Yoga Mum, leading Yoga and Pilates classes, physical therapy for injury management, meditation workshops and wellness retreats.

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