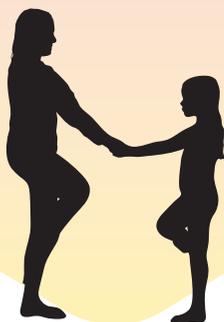


Dear Parents,

Did you know that yoga and mindfulness can help your child cultivate compassion, build concentration skills, grow confidence, and help your child take control of overwhelming emotions?

We've been teaching your child yoga poses and mindfulness techniques in school! Try one of these three poses together to help build mindfulness and foster a stronger connection between the two of you. For instructional videos on how to do these poses and more, go to scholastic.com/yogaintheclassroom.



PARTNER TREE

Stand facing your child. Sink your weight into your right leg, then bring the sole of your left foot to rest on the inside of your right leg, either below or above the knee. Ask your little yogi to mirror you, then hold hands to help each other balance. Hold the pose for 1–3 breath cycles (deep breath in and out three times). Switch legs and repeat.



BACK-TO-BACK BREATHING

Sit on the floor, back-to-back with your child. Breathe deeply together and notice what you feel on your back. Allow your breath to return to its natural rhythm and notice if it is in sync with your child's. Set a timer and sit quietly breathing back-to-back for one full minute, until your breath is in sync with your child's.



SUNBATHING ON A ROCK

Come onto your hands and knees. Move your knees apart, touch your big toes together, and sit back onto your heels. Bring your forehead to the floor. Ask your child to sit on your back at the base of your spine and lie on your back with their head toward yours. (They can also extend their arms overhead to get a nice stretch.)

ENTER OUR SWEEPSTAKES! Take a picture of you and your child mastering one of these poses (or another of your choosing) and you could win fun prizes for your family and class! Enter at scholastic.com/yogaintheclassroom.

NO PURCHASE NECESSARY TO ENTER OR WIN. To be eligible to enter the Alo Yoga "Strike a Pose" Sweepstakes (the "Sweepstakes"), entrants must be attending a public school, accredited private school or home school in New York or California, which is in compliance with laws and regulations and which have any of the grades 3–5 at their school. The entries must be submitted by parents or legal guardians (18+) of at least one student in grades 3–5 who is currently enrolled at an eligible school (the "Submitting Parent/Legal Guardian"), and who reside in the United States. Each Submitting Parent/Legal Guardian must complete an online entry form and submit a photo of their family (which is at least the Submitting Parent/Legal Guardian and their child in grades 3–5) yoga pose. An entry must be received between 12:01 a.m. Eastern Time ("ET") on March 4, 2019, and 11:59 p.m. ET on April 5, 2019 (the "Entry Period"). One Grand Prize-winning school will win a classroom yoga lesson for the classroom of the child on the winning entry and a set of yoga mats for that child's classroom. The Submitting Parent/Legal Guardian who submitted the winning entry will receive a \$100 gift card (Grand Prize ARV: \$1,500). One Runner-Up Prize-winning school will win a set of two yoga mats and four yoga blocks for classroom of the child on the winning entry (ARV: \$130). The Submitting Parent/Legal Guardian who submitted the winning runner-up entry will receive a \$50 gift card and a yoga mat (ARV: \$100). Void where prohibited. Official Rules: scholastic.com/yogaintheclassroom/rules.