

Dear Parents,

I am pleased to inform you we have bought into the **YogaBugs** Virtual Programme for our school, and this includes access to **YogaBugs** videos and mindfulness techniques for you and your children.

Please see below instruction on how to access your **YogaBugs** Parent Portal.

We are working closely with **YogaBugs** in school to help all our children, teachers and parents with their mental health and overall wellbeing.

On the **YogaBugs** Parent Portal you will have access to Yoga and Mindfulness videos, chair yoga for you to try, along with helpful mindfulness activities and visualisations that you can use for you whole family.

The benefits of you using sessions are huge, click the image below to find out more:



To register and log into your portal please click on the link below and register your details:

www.yogabugsvirtual.com

You will need to select parents and click to register as a new user. Complete the details requested and select **school** for the eCode type.

The eCode you need to enter is: **pilgrim-academy-1503**

*** please note your access codes cannot be shared with anyone else, the school has signed a confidentiality agreement ***

We hope you find these sessions beneficial. We welcome photos and any feedback to us and **YogaBugs** so we can see how the students and you are getting on with the sessions.

Please feel free to follow **YogaBugs** and share on their social media (links below) or to their email: info@thebugsgroup.com

