

September 8, 2011

108 Sun Salutations for Gentle Yogis – November 5, 2011 2:00 PM

We are organizing teams of yogis who prefer Gentle Yoga, or who are new to yoga, to participate in the Annual **Yoga Salutes Non-Violence** event. Each team will do 108 Gentle or Modified Sun Salutations, with chairs, in a tag team fashion. The number of teams will depend on how many participants we have. Each team member will do a set number of sun salutations, or each team member may do as many as he or she is comfortable doing and then call on the next team member to relieve him or her. We ask that each participant, or team, request donations from friends and family. The funds will be used to support victims of domestic violence.

We will have practice sessions at the Yoga Center on each Saturday at 3:00 pm for approximately one hour beginning September 17 and continuing through each Saturday in October. These practice sessions will help build stamina and will help us develop a good rhythm for the event.

Please see the Yoga Salutes Non-Violence web site at <http://www.yogasalutesnonviolence.org> for more information about the event.

Come join us! We'll have loads of fun and feel good participating for such a wonderful cause!