



# ***YOGA SALUTES NONVIOLENCE 2009***

**108 SUN SALUTATIONS  
A CHARITY EVENT**

**We invite you to join us to support  
victims of domestic violence and  
sexual assault!**

**SATURDAY, NOVEMBER 14, 2009 AT 2:00 PM  
AT THE YOGA CENTER OF COLUMBIA**

**SECURE PLEDGES FROM FAMILY AND FRIENDS AND PARTICIPATE AS WE ARE LED THROUGH 108  
SUN SALUTATIONS.**

**MAKE A DONATION OR SPONSOR A PARTICIPANT,  
BUY A RAFFLE TICKET, SHIRT OR PRACTICE CD.**

**MAKE A DIFFERENCE!**

**VISIT THE WEB SITE BELOW AND PRE-REGISTER FOR THE EVENT**

**YOU DON'T NEED TO DO YOGA TO PARTICIPATE!!!**

**NEED TRAINING? FREE TRAINING AND PRACTICE**

**BEGINNING SEPTEMBER 11<sup>TH</sup> TO HELP PARTICIPANTS LEARN TO PERFORM SUN SALUTATIONS  
SAFELY JOIN US AT COLUMBIA YOGA, EVERY FRIDAY AT 6:30 PM**

**THE PRACTICE IS FREE BUT A SUGGESTED \$10 CASH DONATION TOWARDS THE EVENT WILL BE GREATLY  
APPRECIATED.**

**FOR MORE INFORMATION, TO REGISTER OR TO OFFER SUPPORT, SEE OUR  
WEBSITE [www.yogasalutesnonviolence.org](http://www.yogasalutesnonviolence.org)**



**ALL PROCEEDS FROM THE EVENT WILL GO DIRECTLY TO THE SHELTER  
FOR NON VIOLENCE IN THE PARTICIPANT'S COUNTY. PLEASE HELP US AS  
WE WORK TOWARDS FOSTERING PEACE AND SAFETY FOR OUR FAMILIES  
AND NEIGHBORS**

**8950 Route 108, Suite 109  
Columbia, MD 21045  
(410)720-4349**