



# YOGA SALUTES NONVIOLENCE 2011

108 SUN SALUTATIONS  
A CHARITY EVENT

WE INVITE YOU TO JOIN US TO SUPPORT  
VICTIMS OF DOMESTIC VIOLENCE AND  
SEXUAL ASSAULT!

**SATURDAY, NOVEMBER 5, 2011**                      **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.

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

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

**VISIT THE WEB SITE BELOW AND PRE-REGISTER FOR THE EVENT**  
**ONLY PRE-REGISTERED PARTICIPANTS WILL RECEIVE THEIR SHIRTS ON THE DAY OF THE EVENT**

## NEED TRAINING?

LEARN AND PRACTICE SUN SALUTATIONS SAFELY  
JOIN US ON EVERY FRIDAY EVENING AT 6:15 PM STARTING SEPTEMBER 9<sup>TH</sup>

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)



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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