



SPRING CLEANING YOGA CLASS

SUNDAY, APRIL 13, 2008

Yoga Source in Palo Alto (www.yogasource.com)

12:00pm - 3:00pm

Join *Giselle Mari* for a transformative spring cleaning of mind, body and soul in an effort to create space for new opportunities and inspiration. The workshop will be an exploration of detoxification techniques through the practice of Vinyasa Yoga (yang), Yin Yoga and pranayama to assist the unlocking and releasing of stagnant energy that has accumulated in the body.

100% of the proceeds benefit The Art of Yoga Project expansion into Santa Clara's Juvenile Hall.

Each participant will receive our new organic cotton The Art of Yoga Project book bag!

All sizes of donations are welcome!!

Tax Deductible Suggested Donor Levels

Tax Id # 20-244869-7

\$100

Taking it Home

Your donation enables one incarcerated girl to continue yoga upon her release with yoga instruction, a mat, yoga clothes and a list of studios allowing free yoga.

\$250

A Year of AYP

\$250 will cover the cost of art and writing supplies for one girl to complete an enlightening 18 week course of the Yoga and Creative Arts Curriculum.

\$500

Pay the Way

The girls in San Mateo's Juvenile Hall are learning yoga 16 times a month. Help fund this level of service at our new site in Santa Clara's Juvenile Hall. With this donation you be sure to get your AYP Tee!

The Art of Yoga Project

Our mission is to lead teen girls in the California Juvenile Justice System toward accountability to self, others and community by providing practical tools to affect behavioral change. Please visit www.theartofyogaproject.org.

Reserve your spot now, email Courtney: ccwoodrow@comcast.net