

# YogaThon 2007 :: Sat Nov 10th



You are invited to join us for our 1st Annual YogaThon to raise funds for the School of Hatha Yoga at Ananda Ashram.

YogaThon is a 108 minute yoga session where we will be practicing together in one space with the united intention of world peace. The day will also include meditation and a celebration with live music from Grammy nominated artist Daniel McBride.

Everyone is welcome. Whether you are a complete beginner or an expert, you can be a part of an amazing yoga experience and do something to affect change in the world. World peace starts with you.

9am	<i>Morning Meditation &amp; Fire Ceremony</i>
10:15am	<i>Invocation for World Peace</i>
10:30am	<i>108 Minutes of Yoga lead by Derek</i>
12:30pm	<i>Delicious Vegetarian Lunch</i>
2:30pm	<i>Celebration and Ambient Folk Music with Daniel</i>

To participate in this unique event, we ask that you either pay a registration fee of \$50 or collect pledges totalling \$50 or more.

All proceeds will be used to build a scholarship fund for our Teacher Training program and contribute to the continuing development of Yoga School programs.

For more information or to pick up your pledge packet please contact the office at 845.782.5575.

