



Y♥GA STOPS TRAFFICK

5th MARCH 2017

Sunday, 5th March

The Community Centre, Yorkley

Bailey Hill, Yorkley GL15 4RS

10.30 – 1.30

Raffle and Refreshments

Led by local yoga teachers Ali Rose and Carolyn Thomas, organised by Kim Spencer

Yoga Stops Traffick is a worldwide community yoga event, run by volunteers, to raise awareness of human trafficking and much needed funds to support its victims.



Five years ago, Kim's son volunteered for a year at the Odanadi Seva Trust in Mysore, India. Odanadi provide rehabilitation, shelter, education and love to victims of human trafficking. Kim has visited Odanadi, stayed in touch with their work and will be visiting again in November to see how the money raised globally is being spent locally. We hope you can help us support Odanadi through our Yoga Stops Traffick event by taking part, visiting the event or by making a donation.

**There's no need to book, but do let us know if you intend taking part
Minimum £5 entry fee on the day (additional donations very welcome)**

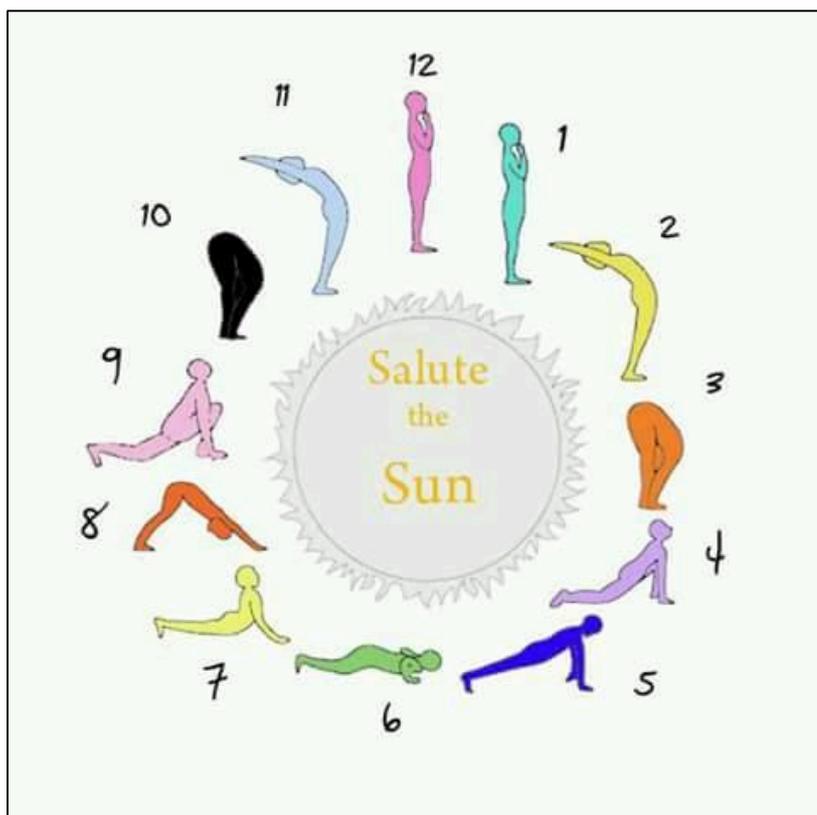
Please bring a yoga mat if you can. Suitable for all abilities, including beginners.

All participants do so at their own risk.

**For more information, phone Kim on 01594 562240 or email kim_spencer@hotmail.co.uk
Kim Spencer, Sweetbriar, School Road, Pillowell GL15 4QT**

Number of sun salutations (surya namaskar)

The number usually undertaken for this kind of event is 108: a sacred number in Hindu, Buddhist, and many other belief systems. The average distance of the sun and the moon to Earth is 108 times their respective diameters. There are also said to be 108 energy lines converging to form the heart chakra; 108 pithas, or sacred sites in India; and, in astrological traditions, 108 also represents the nine planets.



Don't panic!!

We recommend that you do however many sun salutations you can manage comfortably, perhaps in divisions of 108 (54, 27, 9, etc.) according to your ability. You can take a rest whenever you like - there are no prizes for the most number of sun salutations!

We will provide a method of counting for those who would like to. Illustrated here is the more traditional version of surya namaskar, but our lovely teachers will show us some easier alternatives.

Last year, the funds raised by Yoga Stops Traffick helped provide a home for 95 children at Odanadi Seva Trust rehabilitation centres. Yoga Stops Traffick participants helped pay for food, electricity, running water and contributed to the salaries of 22 social workers, psychotherapists, administrative and educational staff.

Yoga Stops Traffick is organised and run by volunteers, 100% of the profits raised from these events go directly to Odanadi Seva Trust.

More information is available here:

Yoga Stops Traffick: www.yogastopstraffick.org

Facebook Yoga Stops Traffick

Odanadi Seva Trust: www.odanadi.org

Facebook Odanadi India

Phone Kim on 01594 562240 or email kim_spencer@hotmail.co.uk

Kim Spencer, Sweetbriar, School Road, Pillowell GL15 4QT