

Awesome Yoga News

August 2011

The Abundant Yoga Project

After weeks of work, I am thrilled to share the Abundant Yoga Project! This project aims to raise \$20,000 by December 2011 to aid women and children in Haiti. The project is comprised of three components: The Personal Challenge, The Fitness Project, and The School Project! The project will culminate with an Abundant Yoga day to celebrate all the participants!

How to Get Involved

- **Take the Abundant Yoga Personal Challenge!**
 - Your investment in your health translates **DIRECTLY** into food, water and shelter for those in need. Take the challenge!

- **Bring the Project to your School!**
 - **Free** Yoga Instruction for Students and Teachers
 - Meets curricular outcomes for Physical Activity and Health and Career
 - Provides an **Active Citizenship Project** in support of long-term sustainable development in Haiti

- **Bring the Project to your Fitness Centre/Yoga Studio!**
 - Healthy Habit Donation Project
 - **Free** Yoga Instruction offered to your Centre/Studio!
 - **Free** participation in Abundant Yoga Day Event

- **TELL Friends, Family and Co-workers!**
 - The more we share this wonderful goal with others, the more abundance we can share with people in need. Share the links with schools, fitness/yoga centres and your friends. Participation can happen at so many levels. Benefits abound for our local health community and Haiti.

The Project and YOU

You can start by taking the Personal Challenge! The Healthy Habits Donation Challenge has immense potential and wonderful flexibility. Simply pledge an amount, perhaps \$0.25- \$5.00, per workout to benefit the people of Haiti. Workouts/yoga classes can be translated into clean water and shelter for those in need. We can share our abundant health with the people of Haiti. **The more we invest in ourselves, the more we can share with others!** Download a pledge sheet today! For more information on this challenge click [here!](#)

Please do not hesitate to contact me with any questions or concerns. All of the project information can be downloaded easily from the website and distributed to your schools and fitness centres. I would love to meet with interested school and Centre/Studios to discuss the Abundant Yoga Project's benefits, both **LOCALLY** and **GLOBALLY**.

May this newsletter find you well! Special thanks to Barb, Kelly, and Shannon for their awesome editing of the project, your insight is invaluable!

Cheers and Namaste
Jay