

Awesome Yoga News

July 1, 2011

Awesome Yoga is BACK!

After some time away to get settled on the mainland, Awesome Yoga and Awesome Yoga News is BACK! The move and transition have inspired some changes for me, and Awesome Yoga is embracing Seva (Service) for the remainder of 2011. There will be lots of yoga, fun, and events, but from July 1- December 31st, all of my work will be going to support an orphanage in Haiti.

The Mission

I have committed to taking the Off the Mat, Into the World Global Seva Challenge 2011 because I want to be a leader for change in my community and in the world. I intend to raise \$20,000 or more to help respond to both critical needs and to create and implement long term solutions in Haiti. If I reach the goal, I will journey with OTM to Haiti in February of 2012 to make a difference in the lives of others and to change my own life.

My personal hope for the year is to connect with, and create connections within, my new yoga community; and further maintain my connections to previous communities by creating and reaching common goals of service. By taking this Seva challenge I hope to mobilize the hearts of my community onto the mat, inspire openness, and a real recognition of our great abundance; then direct that light and energy towards those in need.

The Plan

I am in the beginning stages of planning a large event in both Victoria and White Rock/Ocean Park, and some smaller events (thinking of a yoga and wine evenings!) throughout the fall. I will be sharing the details of the events on the website and through the Awesome Yoga News.

How to Get Involved

- **SHARE your IDEAS and ABUNDANCE to make the events spectacular!**
 - I intend to keep the costs of each event as close to zero as possible, so that 100% of all donations GOES DIRECTLY to those in need. If you have some time, a product, a service, a space, ideas...anything!...you would like to donate to the events, please let me know at jay@awesomelyoga.ca!
- **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 Haiti Global Seva project with those you know via email, twitter and best, in person!
- **DONATE funds directly!**
 - You can donate to Off the Mat directly (please select my name from the drop down menu) or if you prefer an amount other than those listed (even \$5 helps!) you can use the Awesome Yoga Paypal Button.
- **ATTEND the Events!**
 - Be a part of the magic!

