



A BENEFIT FOR:

Shakti Rising

@YOGA DEL MAR

Sunday, Jan. 24, 1-3 pm
2652 Del Mar Hts. Rd.

Do Yoga, Have Fun, Feel Good, Help Others!

suggested tax-deductible donation \$25.

Experience the **joy** of helping others while you do something good for yourself. Let your practice reverberate with your intentions and aspirations for body, mind & spirit. Come turn on the brightness inside yourself and step into the New Year ... joyfully. "How wonderful it is that nobody need wait a single moment before starting to improve the world." ANNE FRANK

Shakti Rising is a social change organization transforming the lives of women, girls, and the larger community. We cultivate health and emerging leadership in women and girls, ultimately empowering them to utilize their personal **transformation** as a catalyst for positive change in their families and communities. This creates gradual cultural change that supports sustainable, cooperative, healthy societies.

Our mission is to empower young women to **uncover, rediscover, and reclaim** their whole selves.

...Our Invitation for you is to **join us**. Learn more ~ go to: www.ShaktiRising.org

Garry Alesio (www.GetInspiredYoga.com) will guide you through an invigorating, fun, and heart-opening practice to set your New Year in motion. Salute the passing year with breath and movement, honoring all you have been and done in 2009.

All levels are welcome.

Your attendance automatically enters you to win a private 1-hr yoga session with Garry!

to reserve your spot, please

CONTACT: Cathy@ShaktiRising.org 858.342.6746

100% of the donations will go to Shakti Rising and the **transformation** of the lives of young women.

PLEASE: tell your friends!



Erin Kate Photography