

yoga.gives back

For the cost of two classes, you can change a life.



March 2009

Thank you Steven Espinosa!

On Sunday, March 1st^d, Liberation Yoga teacher Steven Espinosa offered a special class for **yoga gives back**. It was filled with the spirit of Angali, as Steven explained, "universal gesture to recognize and respect ourselves and towards others". Thanks to all who came to share a very focused and fun class, sharing this spirit of giving back. Steven, all participants and our volunteers made this event a success. You are the real power of this campaign! Thank you very much again.



Elena Brower, owner of [ViraYoga Studio](http://www.virayoga.com) in New York, has also joined YGB, "To offer assistance to the women of this world is to initiate healing for families, communities, nations. With YOGA GIVES BACK, you and I are able to take a stand for those women - in the act of healing ourselves through our practice". (<http://www.virayoga.com/home.htm>)



Thank you Yoga Journal again for free magazines!!

News from
Grameen Koota,

Exciting Updates

Again, we are thrilled to announce how YGB's network is gaining powerful allies!! Premal Shah, President of Kiva.org has joined YGB as a Board Member.



Premal, "I believe in the power of yoga to re-center ourselves and connect with the divinity within us and more importantly, within each other. When we give, it not only helps someone else but just as importantly, it helps us spiritually grow. YGB is one of my opportunities to spiritually grow." Kiva has created a revolutionary online micro financing platform of 25 dollars per loan, now loaning over 60 million dollars globally. (www.kiva.org)

Upcoming Event: " Pagan Energy Experience"

Sunday, March 29th, at Liberation Yoga, from 1--4pm, Join Pagan's special yoga workshop plus live music & ecstatic chanting with the Temple Bhajan Band.

(<http://www.liberationyoga.com/index.html>) , \$15.

Register at yogagivesback@earthink.net.



More special events this spring!!

April 11th, at Black Dog Yoga Studio, 2-5pm

Bangalore, India



Meet Jayashree. As a child of a poor family, she started working at an early age and got married at fifteen. Mother of two who struggled to have enough food for the family, she applied for micro credit and got 175 dollars. With this loan, she was able to buy an auto rickshaw for her husband, and repaid this loan fully in one year. Now into her 2nd loan, she bought her sewing machine and plans to start her own little garment business. We will keep you updated how she will continue to succeed with her plans to improve her family's life.

(<http://www.blackdogyoga.net/>)

"6 Great Teachers, 1 Cause": Shawn Bracha, Clay Kyle, John Sahakian, Tiffany Fraser, Lauri Janover, Jenny Brill, Peter Barnett ... and more!

April 26th, at Liberation Yoga Studio

"Women of Liberation" will offer a class to help women in India.

May 31st, Liberation Yoga Studio Owner Christine Burke will teach a special YGB celebration class.

Interested in corporate sponsorship or gift donations???
Please [email](#) us.



Compassion expands your practice. Express your compassion beyond the mat, beyond the studio, across the globe.

Get involved:

www.yogagivesback.org

Send us your ideas:

yogagiveback@earthlink.net