

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



## **Anitha's story from Grameen Koota, Bangalore, India---By Hari Darshini**

Anitha was born to a farming family outside of Bangalore. She had to get married in the 8th grade, giving up her school, which she really loved. Marriage was arranged by her parents, and she could not argue about their decision. Her husband was a collie (farm labor) and they struggled to survive. Three years ago, Anitha learned that Grameen Koota was coming to her village Naganoor to provide micro loans. Soon twenty village women got together and applied for micro credit as a group. The first year, they took 7000 rupees (US\$175). Anitha started selling milk and repaid her loan each week. All of the members promptly repaid their loans and the group became eligible for the second loan for 10,000 rupees (\$250). Most members slowly started buying materials to improve their houses. Now with their third loan of 20,000 rupees (\$500), Anitha has been able to own three cows and her family life has improved significantly as well as those of other village women in the group.

In 2000, Grameen Koota started loaning to 50 local women. Today, they are providing micro loans to 280,000 women, who are working hard to grow their own sustainable lives with farming, agriculture, trading, transportation, etc.

## **Yoga Gives Back team at Yoga Month/Global Mala**

**108 Sun Salutation Pledge Drive  
Sunday, September 20<sup>th</sup>**



We joined in this special event thanks to generous invitation by Johannes R. Fisslinger at [Yoga Month](#). 700 people were at this special 108 Sun Salutations, led by impressive line up of yoga teachers and musicians. Thank you so much for YGB team members who raised donations from friends and family and joined this event. We are also very thankful for those who sent us checks and donations, from Texas, New York and Japan!! It was our first pledge drive with a big success for YGB!! Thank you also for our dear volunteers, Alan Echeveria and Ivonne L. de Cervantes. We can not function without your support!!!

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**Beyond Asana**  
**A night of healing through breath, music and meditation**  
**lululemon Beverly Hills, Sunday September 27th**

Denise Woods and Carrie Janell Hamner at lululemon Beverly Hills organized this special evening event with great enthusiasm to support our campaign. We loved the experience of sharing our 3 minute mini-documentary about Indian women whose lives are changing with micro credit. Thank you very much everyone who showed interest in Yoga Gives Back and participated this event.

Check out an article about this event "[Yoga Gives Back at Lululemon](#)"



Thank you for the special evening by [Mas Vidal](#) of Dancing Shiva for his pranayama, chanting and Kirtan Rock, accompanied by powerful performance by [Toni Khalife](#), [Christo Pellani](#), and [Breath of Life Tribe](#). Great photography by [Kailas](#)!



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**A special message from Kate Strathmann, Delhi, India**



“When I first discovered Yoga Gives Back, I was immediately inspired by the combination yoga, India, and social change- all of which have been meaningful threads in my life. I began practicing yoga at 15 and first came to India in 2004. Now as I make Delhi my home for the next little while, I surrender to the Universe on a daily basis, a necessary practice in this country.

I hope to provide a small glimpse into life in India and all the myriad challenges this country faces. Living here is a study in extremes; the most sublime and the most difficult aspects of life intermingle. I am happy to support Yoga Gives Back and to hopefully support the Indian women who have inspired and given to me throughout my journeys.”

Kate will be sending her discoveries of India for Yoga Gives Back for our website blog and Facebook, check it out!!

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## Exciting News!!

LA Yoga Magazine [features Yoga Gives Back](#). Read also about YGB Co-Founder [Joel Bender](#) in Teacher Profile section

[Omni Tom](#), an international yoga clothing company, chose YGB as “Omni Angel Program” beneficiary

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## Upcoming Events

### “Happy Raw-lidays!: Celebration of Living Foods”

**Wednesday, November 18<sup>th</sup>, 7-11pm, Vernare, Melrose**

Guests will indulge in delicious vegetarian cuisine, decadent guilt free desserts, super food snacks and tonics, soothing herbal teas, and more! Special raffle auction benefits will be offered to YGB, hosted by Kris Willey of Women of the Green Generation.

Suggested donation \$ 20.00

For event details visit: [www.womenofthegreengeneration.com](http://www.womenofthegreengeneration.com)

### YGB Original Flow Class: 6 teachers from 6 yoga branches

**Sunday, November 22, 10am-noon: yogaglo, Santa Monica**

This is a new specially sequenced class by John Sahakian, Felicia Tomasko, Kasey Lubber, Tara Judelle, Chris Stein and Gary Margolin, each from different branches of yoga, uniting for one special flow class. Soulful live music by “Kalani and Friends.” There is no class like this anywhere else.

Suggested donation \$ 25, Register at: [yogagivesback@earthlink.net](mailto:yogagivesback@earthlink.net)

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### Beginning Sanskrit: An 8-week Course with Joel Bender

**Thursdays, starting on December 3, 7:30-9:00pm: Dancing Shiva, LA**

This workshop will focus on learning to read, write, and recite simple Sanskrit texts in a traditional, yet approachable and inspiring fashion, benefitting YGB.

For course details: [www.dancingshiva.com](http://www.dancingshiva.com)

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**Clay Kyle, David Lynch and Friends of Yoga Works**

**Saturday, December 12: 2-5pm: Center for Yoga, Larchmont**

A very special Holiday donation class with amazing line up of Yoga Works teachers, James Morrison, Joan Hyman, Whitney Allen and many more, accompanied by live music, plus Andrew Abaria and his choral singers. Lots of incredible raffle items!! Register at [yogagivesback@earthlink.net](mailto:yogagivesback@earthlink.net)

facebook

[www.yoga gives back .org](http://www.yogagivesback.org)

Any comments or ideas? [yogagivesback@earthlink.net](mailto:yogagivesback@earthlink.net)

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