

Yoga & Meditation for Japan

A Disaster Relief Fundraiser for Japan's Tsunami Victims

100% of Donations will go toward rebuilding Japan's disaster areas via the Moraga Rotary Club and Japan's Rotary Club. All Donations collected will be matched with 50 cents on the dollar.

Saturday, May 21st, 2011
Open House & Practice: 11 AM – 4 PM
In Forma, Orinda

Open House

Everyone is welcome to visit throughout the day for discussion, information gathering, massage (donation), snacks, beverages, and music (donation).

EVERYONE IS ENCOURAGED TO SUPPORT THE PRACTITIONERS BY MAKING A CONTRIBUTION.

Practice Schedule

There will be 3 cycles of practice offered throughout the day.
Each cycle will include Yoga and a Guided Meditation (20 min).

Cycle 1: 11:00 AM - Yoga by Michi, Meditation by Andrea

Cycle 2: 12:30 PM - Yoga by Michi, Meditation by Wendy

Cycle 3: 2:00 PM - Yoga by Michi, Meditation by Wendy

Music @ 3:30 by Wendy!

Registration

\$30 Donation for one cycle **\$50** for two cycles **\$70** for the whole day

First Come First Serve: Space limited! Sign up and reserve your spot!

STEP 1 Please make checks out to: Moraga Rotary Club and deliver or mail to:

Monique Eurich: 1 Peralta Court, CA 94556

STEP 2 Call In Forma @ 925-254-6877 to reserve your spot

STEP 3 Arrive 5 to 10 minute prior to each cycle

RAFFLE!!! PRIZES!! Jewelry, Tutoring, Private Yoga Instruction, Massage & More!

1 Ticket - \$25, 3 Tickets - \$50, 5 Tickets - \$75, 7 Tickets - \$100