

Do you know an uptight stressed out adult in your life that would benefit from an hour of yoga?

- 1 Nominate an adult to participate in a one hour yoga session.
- 2 Individually or collectively you must raise 100RMB to sponsor the participant.
- 3 If the nominated adult does not wish to participate it is then suggested that they donate 200 RMB to opt out.
- 4 The yoga session will be fun and differentiated for all levels of flexibility.
- 5 Money to be collected by Paul Underwood and Neila Steele

All proceeds will be donated to Ray of Light Cambodia.

The yoga session will be on **Wednesday the 16th March from 4:30 - 5:30** on the 3rd floor, of the centre in the large dance studio.

