

Yoga Aid
Challenges
2008



Yoga Aid to benefit 4 Oneworld

The Yoga Aid Challenge is a part of the International Yoga Festival. It will take place in Rishikesh, India on March 7, 2008 at sunrise. Participants will attempt 108 sun salutations to benefit the charity of their choice. The Yoga Aid founders are 4 Oneworld friends, Clive Mayhew and Eriko Kinoshita, who donated 10K Australian dollars for St. Kizito computer literacy. They have kindly chosen 4 Oneworld as one of the charity recipients.

Some of you may be thinking, "**What is a sun salutation?**" Yogasite.com defines a sun salutation as "a series of 12 postures performed in a single, graceful flow. Each movement is coordinated with the breath. Inhale as you extend or stretch, and exhale as you fold or contract."

4 Oneworld director, Tara McKinney will be participating in the Yoga Aid Challenge to raise funds for the St. Kizito Computer Literacy Program. "My goal is to raise \$1,000 and complete all 108 sun salutations. Please believe in my ability to accomplish both goals and show your support by sponsoring me today!" Please visit www.everydayhero.com.au/Tara_McKinney to make your tax-deductible contribution to 4 Oneworld by **sponsoring Tara's 108 sun salutations!**

Educate.
Inspire.
Empower.



... more about

4 oneworld

Generosity from a nine year old

A couple of months ago Kalamazoo resident, Maya Langeland had her ninth birthday. She had attended the fundraiser last September and learned about the challenges facing many young Africans. Maya wanted to do something to help these disadvantaged children. She decided that, rather than receive gifts she wanted her friends to donate to 4 Oneworld.

Maya donated \$130 that will benefit the St. Kizito Computer Literacy Program.

Thank you, Maya for your generosity and compassion!



Maya Langeland

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New members coming soon!

Are you 4 Oneworld?

Your financial contribution is essential to educate, inspire and empower the students at the St. Kizito School in Uganda.

4 Oneworld needs your help

to meet the \$70,000 goal for computer literacy through 2010.

www.4oneworld.org/donate or
PO Box 51304 Kalamazoo, MI
49005

Thank you for your support!