

Celebrate the Fall Equinox: 108 Sun Salutations with Julie Blew

(A fundraiser for Ear Candy)
Sunday, 9/20 from 6:00-8:00 pm
At lululemon athletica at The Borgata



Celebrate the Fall Equinox with 108 sun salutations and global mala for National Yoga Month. The spirit of the global mala is to encourage as many people to participate in a collective ritual by bringing our yoga practice together in unity. At the Fall Equinox, nature's energy systems, including our own natural energy, begins to shift. Practicing Sun Salutations is a way of reconnecting to our own source, and deepening our awareness of changes in the body and mind that come with the change of seasons. It's a perfect time for creating and accepting our own spiritual change and growth. Weather permitting, class will be held outside during sunset with live music provided by Ear Candy. Enjoy this amazing community practice experience as we welcome in the new season. Light refreshments and music to follow after savasana.

PLEASE MAIL OR FAX COMPLETED REGISTRATION FORM TO ZENERGY YOGA:

Suggested donation of
\$20/person (cash or checks only; checks written to "Ear Candy")
Proceeds from this event will benefit Ear Candy.



Ear Candy is a Phoenix based non-profit organization devoted to providing every child access to music education. Out of 50 states, Arizona is currently dead last in educational funding. Historically Arts programs are the first to get cut when times are tough. We create after school music programs with community partners like Boys & Girls Clubs of Metro Phoenix and we also support in-school music programs by providing instruments to areas of need. For more information, visit:

<http://www.EarCandyCharity.org/>

This event is in coordination with the Scottsdale lululemon athletica located at the Borgata at 6166 N. Scottsdale Road.

www.zenergyyoga.net

www.urbanyogaphx.com

108 Sun Salutations Participant Registration Form

Participant #1 _____ Email: _____

Participant #2 _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Donation Cash Check Check Number _____ Amount \$ _____

Please mail or fax your registration to Zenergy Yoga:
16447 N. 91st Street, Suite 105 ~ Scottsdale, Arizona 85260 ~ 480-473-2379 (fax)
480.628.1453 ~ www.zenergyyoga.net ~ ali@zenergyyoga.net