

THANKSGIVING SPIRIT....
10 Days of Gratitude and Hope....
Tues. 11/16 – Thanksgiving Day.....

This year, Laughing Dog Yoga is celebrating this Thanksgiving season with our annual 10 days of Gratitude and Hope. From Tues. 11/16 - Thanksgiving Day we are offering a series of Benefit Events to raise money for yogaHOPE and Rosie's Place, two incredible, local organizations that are making a difference in the lives of many.

yogaHOPE is a local, non-profit yoga outreach program dedicated to bringing the practice of yoga to underserved women in recovery or life transition – the incarcerated, those in drug and alcohol treatment, those living on the streets, battered women, and women transitioning from hospital treatment for disordered eating issues. www.yogahope.org

ROSIE'S PLACE, is a 'sanctuary for poor and homeless women and offers emergency and long-term assistance to women who have nowhere else to turn'. Their mission is to 'help women maintain their dignity, seek opportunity and find security in their lives'. They rely solely on committed volunteers and the generosity of individuals, foundations and businesses. www.rosiesplace.org

10 DAYS OF GRATITUDE AND HOPE ~
SCHEDULE OF EVENTS AND STUDIO PARTY

FRIDAY, 11/19 ~ A DAY OF GRATITUDE AND HOPE

• **JOIN US FOR A.....Benefit Nia Class w/ Robyn, Benefit Yoga Class w/ Daniel, STUDIO PARTY and Trunk Show w/ Autumn Teneyl Designs and Crafts for a Cause**

9:30-11a ~ Robyn will be teaching a yogaHOPE Benefit Nia Class in Studio A. Robyn is teaching the class for free so that all the money raised can go to this wonderful cause. **The class is only \$10.** Even if you have never taken a Nia class, please join us and support a worthy organization. Nia is a wonderful combination of dance, martial arts and healing arts. It is a great workout and incredibly FUN. No need to pre-register. Just show up and participate.

9:30-11a ~ Daniel will be teaching a Rosie's Place Benefit Yoga Class in Studio B. Daniel is teaching the class for free so that all the money raised can go to this wonderful cause. **The class is only \$10.** This is an All Levels class. No need to pre-register. Just show up and participate.

9:30-2p ~ Trunk Show of Autumn Teneyl Designs from Colorado of

Fall/Winter 2011 Collection. Made of rich organic cottons, hemps and printed rayon, with great designs and incredible style and comfort.

They will also be on hand Thurs. 11/18, 10-12:30p and Sat. 11/20, 10-12:30p.

11-2p ~ STUDIO PARTY ~ Live Music w/ The Grass Gypsies, refreshments, great company and Henna Tattoos by Heather. Heather is a fully certified henna artist and only uses 100% natural plant dye to create her designs. The henna art will cost \$5. It is a beautiful design on your skin that is temporary, typically lasting 1-3 weeks. For info go to www.hennabyheather.com

Hetty Friedman, founder of Crafts for a Cause, a non-profit organization that works in partnership with a Fair Trade weaver's cooperative in Guatemala, will also be on hand selling hand-dyed, hand woven scarves and shawls – designed by Hetty and made by Mayan weavers. A % of proceeds will go to **yogaHOPE**.

● **Benefit Classes Throughout The Week ~**

We will be offering benefit classes throughout the week to help raise money for yogaHOPE. The studio will be donating 30% of the class proceeds to this organization. All you need to do is show up and take class. Your presence is your way of showing your support. The following are benefit classes:

Tues. 11/16 ~ 9-10:30- Yoga/III w/ Marc

Tues. 11/16 ~ 5:45-7p – Yoga/I-II w/ Jennifer

Wed. 11/17 ~ 5:45-7p – Yoga/I-II w/ Diana

Thurs. 11/18 ~ 12:15-1:30p - Gentle Yoga w/ Jennifer

Thurs. 11/18 ~ 6:30-8p – Yoga/ All Levels w/ Wendy

Fri. 11/19 ~ 8:30-9:25a – Pilates w/ Lynne

Fri. 11/19 ~ 9:30-11a – Nia w/ Robyn – ONLY \$10 (100% of proceeds to **yogaHOPE**)

Fri. 11/19 ~ 9:30-11a – Yoga/All Levels w/ Daniel - ONLY \$10 (100% of proceeds to **Rosie's Place**)

Sat. 11/20 ~ 9-10a - Nia with Cindy

Sat. 11/20 ~ 10:30-11:45a - Vinyasa Yoga/All Levels w/ Marissa

Sun. 11/21 ~ 5-6:30p - Yoga/All Levels w/ Tal

Mon. 11/22 ~ 9:15-10:30a – Yoga/II w/ Jennifer

Tues. 11/23 ~ 9:15-10:30a - Yoga/I-II w/ Kathy

Wed. 11/24 ~ 9:45-10:45a – ZUMBA w/ Anna

Thurs. 11/25 ~ 9-10:30a - FREE THANKSGIVING CLASS w/ Cynthia

Donation Class!!! Cynthia is teaching for free. Donations in any amount appreciated to benefit Rosie's Place. 100% of donations will go to this phenomenal organization and the women it serves.

● **Throughout the 10 days, you can make cash donations to yogaHOPE.** No amount is too small or too large to help make a difference in someone's life. Collection basket will be in studio.

