YOGI

Holding Pose_____ Actual time held at event_____ Handstand with wall, Chair, Boat, Warrior 2 (Choose one from above)

*Sponsors choose how many \$'s or cents they wish to donate per each second the pose is held or they may simply choose to donate any monetary amount. Questions? email <u>amyjeansyoga@me.com</u>

*After event Yogis will phone or email sponsors and let them know how they did and what their total donation will be. Checks are payable to Japan Society Earthquake fund and mailed to (C/O Amy J Pastore) 7 Swan Hollow Ct Ramsey NJ 07446.

SPONSOR	Email Phone#	Dollar or Cent Amount per second	Total Donation
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7-8:00pm Anusara Inspired Yoga Class -All Levels, led by Amy Jean Pastore, Bring your mat, 15\$ Donation

8:00-9pm Timed Holds begin See back for details.

> Participate in the class, or the holds, or both. If thats not possible sponsor someone who is and support the cause.

HOLDING GROUND FOR JAPAN A YOGIC FUNDRAISER

298 Hillside Ave, Allendale NJ April 29th at Northern Highlands RHS

JAPAN SOCIETY'S EARTHQUAKE RELIEF FUND All donations will go to