



Roll out your Yoga mats on 13 March 2010 for an around-the-world sun salutation, to take a stand against human trafficking in India and show your support to its millions of victims.

Yoga Stops Traffick India will be led from the grounds of the Mysore Royal Palace by 90 young people from the local anti-trafficking organisation OdanadiSeva Trust, many of whom are survivors of slavery, domestic abuse and forced prostitution. Over the years Ashtanga Yoga has come to play a vital role to their rehabilitation process: building their physical and mental strength, restoring a sense of peace, confidence and self-worth.

Over the past 20 years Odanadi has rescued more than 1850 women and children, carried out over 60 brothel raids and brought 137 traffickers to justice.

100% of the money raised by this event will go directly to Odanadi, to support them in carrying out this crucial work*.

108 MINUTES OF ALL-LEVELS ASHTANGA YOGA

When: March 13, 2010 1:00-2:30pm

(In place of our scheduled Community Class)

Pre-registration by phone, e-mail or in person.

***\$20 suggested minimum donation**

THE YOGA SHALA

1511 19th St NW
403-210-3000
www.yogashalacalgary.com