

GET ON THE MAT FOR KIDS!

# Charity Yoga Day

*Sunday, 6. December 2015*

Join us for a fun charity day at YogaNation in Seefeld. You can take part in a variety of **Yoga classes, mantra singing**, or just stop by for a cup of tea and nibbles.

We are raising funds for the **Marwa Fayed's Toy Run Fund**, to build schools for Syrian refugee children in the **world's biggest refugee camps in Jordan**. Thank you in advance for your generous support and donations!

PS: If you have warm winter children's clothes and blankets, or toys that you would like to donate, please bring them along and DHL will ship them free of charge!



Marwa Fayed's  
**Toy Run**

YogaNation | Seefeldstr. 7a | 8008 Zurich



# Charity Yoga Program



Start the night before: **SATURDAY, DECEMBER 5**

20.00 – 22.00 **Let's dance for the world – Soul dance** (*adults*) – Daniela Lüthi

## **SUNDAY, DECEMBER 6:**

09.30 – 10.30 **Family yoga** (*kids and parents*) - Sandra Gross - English/German

11.00 – 12.00 **Hatha flow** (*adults*) - Valentina Grigoletti - English

12.30 – 13.30 **Swasthya yoga** (*adults*) - Vanda Mendonça - English

14.00 – 15.00 **Vinyasa flow** (*adults*) - Delia Krattinger - German

15.15 – 16.15 **Little yoga** (*kids 5-10 yrs.*) - Liliane and Olivia - German

16.30 – 18.30 **Mantra singing - All welcome!** - Daniela Lüthi, Dragana, Evelyne and Gregor



YogaNation | Seefeldstr. 7a | 8008 Zurich

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