



# I AM THE DREAM

## **The Annual Benefit in Support of Y.O.G.A. For Youth**

From January 8<sup>th</sup> through January 22<sup>nd</sup>, YogaWorks, Seane Corn, Gurmukh Kaur, Hemalayaa, Govindas, Kia Miller, Goda Yoga, Crenshaw Yoga and Dance and a host of other top yoga teachers and studios are offering donation yoga classes all over Los Angeles to raise funds for Y.O.G.A. for Youth whose work is critical in bringing the technology of yoga to urban youth.

**Save the Date: January 10, 2010**

**Donation-based Yoga Class with KRISHNA KAUR**

**CRENSHAW YOGA AND DANCE**

**5426 Crenshaw Blvd LA, CA 90043**

**4:30pm – 6:30pm**

### **There are 3 ways you can help**

- 1) Come to the donation-based class with Krishna Kaur. Suggested donation \$35.00. Pay what you can, no one turned away
- 2) Make a secure tax-deductible donation directly to Y.O.G.A. for Youth at <http://www.yogaforyouth.org>
- 3) Come to the "I AM THE DREAM" Gala Benefit in support of Y.O.G.A. for Youth on Friday, January 15, 2010. You are invited. Details will follow. Please mark your calendars.

### **CONTACT US TODAY TO GET YOUR Y.O.G.A. FOR YOUTH CAMPAIGN STARTED**

For more information or to become involved

Call: 323-735-0500 | Email: [whatsup@yogaforyouth.org](mailto:whatsup@yogaforyouth.org) | Visit: [www.yogaforyouth.org](http://www.yogaforyouth.org)

Y.O.G.A. for Youth, based in Los Angeles and founded by Krishna Kaur, is a 501(c)3 non-profit organization whose mission is to utilize yoga technology to empower urban adolescents with relevant tools to identify and value their greatness.