



# 108 Sun Salutations

One Shakti Yoga – Charity Event

A warm invitation: to participate and support **108 Sun Salutations charity event**. We assure you of an enlightening day of being internally connected and supported with live ambient music.



No **PREREQUISITE** training is required for this event – however being in general good fitness is advantageous. Please practice the above sequence if you know this or something similar; come and practice in one of our yoga classes; or join Manish's workshop on Sun Salutation on 14<sup>th</sup> March 2020. On the day instruction will be given by One Shakti instructors to guide with warm up, followed by approx. 2 hours of Sun Salutations with chanting, rhythmic flow, relaxation and meditation.

The experience of doing 108 Sun Salutations is special and unique. Many participants come back to these events and have an extended experience. We assure that you will exceed your expectations and may connect with yourself in a much deeper way.

One Shakti hosts its 9<sup>th</sup> charity event to raise funds for **Shishukunj Education Programme (SEP)** ([Link to https://www.youtube.com/watch?v=Pmi\\_Wlwqw7E](https://www.youtube.com/watch?v=Pmi_Wlwqw7E)), an initiative of Shishukunj London (Charity No. 284206). The Shishukunj Education Programme aims to provide a handholding support to underprivileged children, who cannot receive a good education due to their family's financial condition. The project aims to sponsor the educational expenses of children who are a part of the partner organizations of Shishukunj centres in India and Kenya. By sponsoring a child's educational requirements and making him/her a part of a good educational institute, Shishukunj aims to bring out the best in the children and help them to build a better life for themselves.

Please join us for this event:

**Venue:** Shishukunj Bhavan, 25-27 High Street, Edgware, Middlesex HA8 7EE

**Date:** Saturday 28<sup>th</sup> March 2020

**Time:** 7:45 – 11:00 am

**Suggested Donation:** £35.00 (Cheques payable to "Shishukunj")

**To prepare/bring:** Yoga mat; Wear light and loose clothing; knee support (if required)  
**Bring a water bottle. Be light in stomach to enjoy the practice**

We encourage you to fundraise as much as you can - use any fundraising means. Sponsorship forms are available on request. Donation of £108 will enable a child to attend a rural education programme for a year; £360 will enable a child to receive full education support (tuition, school transport, lunch, uniform) for a year. Every pound raised will fully go a long way in this programme, mapping out another child's future.

**For further information, please contact One Shakti:**

**Manish** E: [Manish@oneshakti.co.uk](mailto:Manish@oneshakti.co.uk) M: 07854 141 216  
**Laxmi** E: [Laxmi@oneshakti.co.uk](mailto:Laxmi@oneshakti.co.uk) M: 07740 258 076



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## REGISTRATION FORM

To enrol for this event, please complete this registration form and return with your donation gift – pass onto Manish (A: 202 Kenton Lane, Harrow HA3 8SX) or Laxmi (A: Treetops, Brookshill, Harrow Weald HA3 6RP)

Name:		Tel. Home:	
Address:		Mobile:	
		Email:	
How did you hear about this event?			
Please state any health problems and medical treatments the instructors need to be aware of (for any medical conditions, please consult and get approval from your GP before enrolling for this event)			
Please tick to confirm you are fit to enrol for this event: <input type="checkbox"/>			
I wish to fund raise for:			
<ul style="list-style-type: none"> <li>Shishukunj Education Programme <input type="checkbox"/></li> </ul>			
Emergency Contact details - Next of Kin Name:			
Relationship:	Contact Mobile :	Home:	

The information provided will be treated with total confidence and not divulged to a third party.



One Shakti Yoga instructors' approach to teaching is to guide gently. Participants are encouraged to follow the energy and just as importantly to respect limits, bearing in mind that applying force is counter-productive. The instructors and One Shakti group will not bear any responsibility for any personal loss, damage or injuries while attending this event. One Shakti as a group does not accept any liability.

The 108 Sun Salutation is a fundraising event for Supporting Shishukunj and One Shakti may use some photographic images and video footage for press releases or public view. If you do not wish your photograph or video footage to be used for this purpose, please indicate by ticking the box

I enclose cash or cheque for £ \_\_\_\_\_ as my donation for the charity. (Cheque made payable to "Shishukunj" (Please do not post cash)).

.....  
**Signature**

.....  
**Date**



**By using Gift Aid you can make your donation worth more.** I would like 'Shishukunj' to treat the enclosed donation as a Gift Aid donation. I am a UK taxpayer

I understand that all Gift Aid tax reclaimed by Shishukunj from HMRC will be used by Shishukunj for the furtherance of its charitable objectives.