

Help for Haiti Yoga-thon Fundraiser

Date: Sat., Jan. 23rd

Time: 12:00-8:00pm

**Make an impact while practicing
yoga! Drop in for a class or stay all
day, enjoy refreshments and rock out
to some live music in the evening!
\$10 minimum donation per class
suggested. All donations will go to
Oxfam's Haiti Earthquake Response
Fund.**

Where: Valparaiso International Center
309 E Lincolnway, Valparaiso
One block east of Morgan St., at the corner of
Lincolnway and Valparaiso St.
For more info, call Anna 219.241.5695



Schedule of Events

12-1pm Hatha Yoga
1:30-2:30pm Purna Yoga
3-4pm Meditation
4:30-5:30pm Vinyasa Yoga
6-7pm Live Music featuring
Danielle Cales & Jay Weinberg
7-8pm Drum Circle—feel free
to bring a drum!