



# Y♥GA STOPS TRAFFICK

**9 March 2013** • united against human trafficking  
for the fourth year running, thousands of yoga students from across  
the globe will unite to take a stand against human trafficking in India.



Come raise awareness, money and energy by practicing sun salutations with  
Sharka, on **March 9, 2013** at 7:30 AM, at ISB ES AUX GYM for a  
sponsored yoga event in aid of Indian anti-trafficking charity Odanadi.

The event will begin with a short introduction on Odanadi's work and the  
symbolism of Surya Namaskara (Sun Salutations). We will then perform the  
108 Sun Salutations followed by some cooling, soothing postures to close  
the morning practice. Please come and support this very worthwhile cause.  
Alternatively you might like to get people to sponsor you for your participation.

**NEW!** on-line sign up: <https://docs.google.com/forms/d/1gVuqQyDo3QNTof2XDdGSaSPVsfXaNZSsiKsH4gf5quk/viewform?sid=446b286fa73ba44a&token=LYMO1DwBAAA.Kw3X-xyqOvvJ9kIGLE-ilg.V9ioNmKvATTXxVMLu3Sudg>

For more information visit: [www.yogastopstraffick.org](http://www.yogastopstraffick.org), for questions:  
[sharka.furda@gmail.com](mailto:sharka.furda@gmail.com)

Suggested donation: 500 Baht for adults, 200 Baht for students, but any  
donation is appreciated!

Please bring a water bottle, yoga mat, if you have one (or you can use one  
from ISB) and a positive spirit.

**NO PREVIOUS YOGA EXPERIENCE NECESSARY!**

