



Yoga for Peace

108 Sun Salutations

September 19th, 2009

Location

Grassy Area West of Tower Grove Park Pool Pavilion
Center Cross Drive
St Louis, MO 63110



Schedule

Please arrive early so that we may complete the set up and begin our practice on time. Please come to the sign-in table even if you have pre-registered.

11am Sign-In and Registration Opens
12pm Introduction and Chant
12:15pm 108 Sun Salutations Begin

Bring

- Your own yoga mats, water, and towels
- Fruit, food bars or any other refreshments you will need over the course of the event
- Wear light, comfortable clothes and sunscreen
- Be prepared for all possible weather conditions. Yoga for Peace will happen rain or shine!
- Your registration form and payment if you do not register on-line or by mail.
- Your signed Release Form

What You Should Know

Please understand that performing 108 Sun Salutations is physically challenging. Everyone is welcome to participate, but you must know your limitations and take responsibility for your own well-being. Please stop and rest when necessary. You should not do anything that is more than you can handle. All participants must sign a release and assumption of risk form. Send questions to: yoga4peace@urbanbreath.com