

Are you
Woman Enough, Man Enough
Fit Enough, or Crazy Enough for a
YOGATHON?

**Now is the time to get fit and toned and raise some money
for a very good cause!**

**The event will take place on Saturday 21st January 2012,
at 1.00pm, at the Victoria Dock Village Hall, Hull.**

All money raised will go to Abbie's Fund which provides memory boxes
for parents who lose babies at Hull Women and Children's Hospital.
All details can be found at www.abbiesfund.co.uk

Traditionally a Yogathon involves 108 sun salutations so we are inviting you to train
up for this (we have a guide pack for you), grab a sponsor form and get your family and
friends to sponsor you. Alternatively you can sponsor Ann-Marie or Lesley.

Don't worry if the task seems daunting to you, we will also be offering modified versions
and maybe even group versions! We want as many people as possible to be involved.

Refreshments will be available on the day and a raffle, so maybe you can donate
a prize or pop along on the day to offer your encouragement to those taking part?

Call us now to register your interest and receive your preparation pack!!

Lesley Wadforth 07815 036397, email lesley@healthinharmony.me.uk

Ann-Marie Mainprize 07791 172539, email amiyoga@hotmail.com

