

# CHARITY YOGA DAY

on Sunday January 24<sup>th</sup>

10:00 am to 2:00 pm

with

Sue Delf, Julia Weltman & Debs Sutton

IN AID OF

**THE GOOD LIFE CENTRE Chennai, S. India**



(Reg'd 47/1996)

*"Little drops of water make an ocean"*

*"A drop of your love can transform their lives"*

The Good Life Centre is a registered charitable organization and is home for orphans and mentally challenged children with support from a dedicated team of volunteers, trained social workers and teachers. Apart from food, clothing and shelter, the home provides education to the young children and vocational training to the older inmates. The Good Life Centre was established in 1996 with three children and now has 90 children in its care, including 40 mentally challenged. All the special children are provided with rehabilitation programs, self help skills, physiotherapy, speech therapy, music therapy and yoga. Teachers from the Krishnamacharya Yoga Mandiram visit the Centre each week and offer yoga classes on a purely voluntary basis.

*"With your support we can give them hope....give them life....and see them smile"*

**9:30 am onwards Arrivals**

**10.00am-12.00pm Dynamic Yoga**

**Break – light refreshments will be included**

**12:30-2.00pm Gentle Yoga leading to a guided meditation**

**Price : £30 per person minimum donation**

**Venue: Cobham Village Hall, Lushington Drive,  
Cobham KT11 2LU**

**Please bring your yoga mat, block/cushion/blanket**

**All the money raised from this Yoga Day  
will go direct to the Good Life Centre.**



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Booking Form  
Name.....Address.....  
Contact number .....  
email address.....

Cheque to be made payable to : Sue Delf and sent to Linden, 25 Clive Road, Esher, Surrey, KT10 8PS