



## **NEWS RELEASE**

February 15, 2013

***Yoga for Hope* – Join SOS Children's Village BC for a day of fitness, flexibility, and fun to raise awareness and funds for local children and youth!**

We all know the benefits of Yoga are endless; stress reduction, toning, improved posture, increased flexibility, better sleep, general improvement in mood... the list goes on and on! Now, combine all those great health benefits with the good feeling of knowing that you have done something to help local children and youth in your community, and you have a winning combination!

**SOS Children's Village BC** (SOS BC) has been announced as the non-profit recipient for the second year in a row for the annual, ***Yoga for Hope*** event. This year, the unique event will be hosted at **Minoru Sports Pavilion, 7191 Granville Avenue, Richmond** on **Saturday February 23<sup>rd</sup>, 2013**. Join *Yoga for Hope* creator, Beth Sukha-Barker and seven local yoga teachers as they "bend" you in to shape for a great cause! Beginner or novice yogi? Not to worry- there is a class for every level of expertise.

Established in 2005 in Waterloo, Ontario, *Yoga for Hope* has raised over \$80,000 to support HopeSpring Cancer Support Centre. This year marks the second annual event hosted in British Columbia, after a successful debut last year. As an international organization, SOS Children's Villages operates in 133 countries with SOS BC being the only village in Canada.

All participants are welcome! Those interested in this event can choose to participate in a minimum of two yoga classes, up to a full day of eight sessions. If participants choose to fundraise for SOS BC through this event, a minimum of \$100 in pledges means that they can enjoy their day of yoga free! To register, please visit <http://www.sosbc.org/yogaforhope/registration> or for more information on this event, please visit [www.yogaforhope.ca](http://www.yogaforhope.ca)

**Contact:**

Leah Dullum, Manager, Events & Community Relations  
*SOS Children's Village BC*  
T: (604) 574-2964 ext. 228 E: [leahdullum@sosbc.org](mailto:leahdullum@sosbc.org)  
<http://www.sosbc.org/news-events/events>

SOS BC stands for an environment where home, hope and healing are present. We believe in finding solutions in the best interest of children who are hurting. We actively create unique opportunities and programs so that vulnerable children and youth, including those involved in the foster care system, can achieve their potential. WE STRENGTHEN FAMILIES.