



NEWS RELEASE

Surrey, BC, February 4, 2012

***Yoga for Hope* – Join Canadian Olympian snowboarder, Alexa Loo for a day of fitness, flexibility and fun to raise awareness and funds for local foster families and vulnerable youth**



Surrey, BC - SOS Children's Village BC has just been announced as the non-profit recipient for the first annual, *Yoga for Hope* to be held in our province. This unique fundraising event will take place on **Saturday, February 25th** at the Rotary Field House in South Surrey. Get ready to grab your yoga mat and get instruction from eight local yoga teachers, including the creator of *Yoga for Hope*, Beth Sukha-Barker. From Yin Yoga to Hatha Yoga there is something for everyone to try whether you are a beginner, or intermediate enthusiast.

Alexa Loo, an ambassador for SOS Children's Village BC and a resident of Richmond, is looking forward to challenging herself to a full day of yoga on **February 25th**. Alexa is a 7 time national champion and represented Canada in the 2006 and 2010 Winter Olympics in the parallel giant slalom snowboard event.

Established in 2005 in Waterloo, Ontario, *Yoga for Hope* has raised over \$80,000 to support HopeSpring Cancer Support Centre. This year, the first annual Surrey event is aiming to raise up to \$10,000 for the local charity, SOS Children's Village BC. This organization operates internationally in 133 countries with SOS BC being the only village in Canada. SOS BC supports local foster children and vulnerable youth through their Village model and Outreach programs that include a Homework Club, Music Program and Therapy Services. With over 9,000 foster children in B.C., organizations such as SOS BC exist to ensure children in our province are growing up with hope, healing and a place to call home.

Those interested in participating in this exciting event can select from a variety of options ranging from two yoga sessions, up to the full day of eight sessions. With the fundraising option, participants who raise a minimum of \$100 in pledges for the cause, enjoy their day of yoga free! To register or find out more information on this event, please visit www.yogaforhope.ca

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