

BRISBANE YOGATHON 2016

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| OVERVIEW | <p>Founded in 1981 by Gurudev Sri Sri Ravi Shankar, the Art of Living Foundation is an educational and humanitarian movement engaged in stress-management and service initiatives. The organisation operates globally in 155 countries and has touched the lives of over 370 million people.</p> <p>Since its inception in 2012, Yogathon has grown from 6 cities in Canada to become a global event with <u>over 50 cities</u> around the world. The event is held annually on the same day in all participating cities.</p> <p>This year we celebrate the <u>5th annual Yogathon</u>. In Australia, the Yogathon is now hosted in 5 major cities: Brisbane, Adelaide, Melbourne, Sydney and Perth with interest increasingly growing each year.</p> <p>Yogathon is the 'ultimate yoga challenge' where participants complete <u>108 rounds of sun salutations</u> (or surya namaskars), equating to <u>1296 yoga postures</u>.</p> |
| EVENT DETAILS | <ul style="list-style-type: none"> ➤ Warm up exercises ➤ 108 rounds of sun salutations ➤ Meditation with Senior International Faculty Dr Seema Thanedar ➤ Live music & relaxation |
| DATE & TIME | Saturday 20 th August 2016, 9.30am – 12.30pm |
| LOCATION | 111 Ward St, Indooroopilly, 4068 (Indooroopilly State High School Hall) |
| COST | \$15.00 – Adults \$10.00 – Students/ Concession |
| THE CAUSE BEING SUPPORTED | <p>All funds raised through the Brisbane Yogathon will equally go towards:</p> <ol style="list-style-type: none"> QUT's Meditation and Yoga Club (MY Time QUT) – to provide students with meditation and yoga sessions to improve their physical, emotional and psychological wellbeing. The club provides students with tools allowing them to better manage their workload and stress at university. Over 920 students have already experienced yoga and meditation practices within the last 3 years thanks to MY Time QUT! The Art of Living Foundation – to coordinate and facilitate free yoga and meditation workshops in lower socio-economic areas of Brisbane, and for the wider community. |
| WEBSITES | http://www.artofliving.org/art-living-overview https://yogathon.org/events/australia/brisbane/ https://yogathon.org/about/benefits/ |
| REGISTRATION | Register for the Brisbane Yogathon here: http://www.artofliving.org/au-en/program/1180 |
| MEDIA PLATFORMS | <p>Facebook: @yogathonbne - https://www.facebook.com/yogathonbne/ @mytimequt - https://www.facebook.com/mytimequt/</p> <p>Instagram: @artoflivingbrisbane</p> |
| CONTACTS | <p>Event Coordinators: Prityush Khanna 0426 573 685 Steph Robinson 0407 303 175 Yuyou Zhang 0403 510 343</p> |