



# Saluting for Charity

Saturday 21st September 2013

Algarve, Portugal



It's time for the Annual Saluting for Charity Event

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

I am participating in the Saluting for charity event. All proceeds will help fund charities in the Algarve Supporting children, underprivileged, elderly & animals. You can sponsor me for an amount per salutation or a set amount for the event. The target is to do 108 rounds of sun salutations, or to meditate for the duration of the event.

Thank you!

Name of Sponsor		Donation Amount	Sponsor Signature
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## Participants

To reach our goal, we hope that each participant raises 50 euros

Please raise as much money as possible, this is a chance for us to give back to those in need.

## The Event

The target is to do 108 rounds of the Sun Salutation of whatever style you're familiar with. The 108 rounds can be done individually or as part of a team. Children are welcome to join in and create their own teams.

If you wish to participate in this event, but do not wish to do the Sun Salutation, there will be a guided meditation followed by relaxation.

### Where?

Breeze, Vale do Lobo Praca have kindly allowed us to use their pool space overlooking the sea. Breeze will have fresh juices & food available of which a percentage will go to charity.

### Additional ways of supporting

We will have boxes for you to donate dried and tinned foods, olive oil, soap, toothpaste, clothes, blankets, animal food, animal beds.

### Terms and Conditions

1. All attendees will participate in the event at their own risk
2. Participants require to enter with a minimum of **50 euro sponsorship**
3. Participants are also encouraged to donate themselves with money donation or food donations
4. It is not necessary to complete all 108 salutations. Childs pose and rest is always available
5. Participants are recommended to bring their own yoga mats for hygiene purposes, however, contact your teacher who may provide you with one to borrow on the day.
6. Valuables left unattended are not the responsibility of Breeze or their staff
7. Children under the age of 16 wishing to participate are welcome to join with parental supervision.
8. We encourage silence during the event. It is essential that the highest levels of concentration and energy be present during the event.
9. During the salutations of mediation, it is required that you stay on your mat at all times so not to disturb others.
10. Participants must arrive promptly to set up at **9:00am**. Salutations commence at **9:30am**

### What to bring

- Sponsor sheets and donations/Water/Towel/Yoga mat/ suncream
- Optional: Any other yoga props which might be useful to assist you through the event

### What to wear

- Comfortable clothing. Layers of warm and cool clothes
- We ask that you avoid BLACK.... Please wear VIBRANT colours!

I..... agree to the above terms and conditions

SIGNATURE:.....

We look forward to all our participants having a great time! For questions or concerns, or to volunteer for any of the charities, please contact your teacher.

### THE CHARITIES

