



PEGGY & KATHRYN

Who We Are

2 sisters born in Zambia, passionate about creating a positive impact within our global community. Traveling from Canada for the past 7 years to return back to Lusaka in May 2016 to help a team of volunteers to build 2 new homes for deserving families with **Habitat for Humanity Zambia**.

We are also passionate about Yoga and sharing the transformative teachings that help to bring health and harmony to body, mind and spirit.

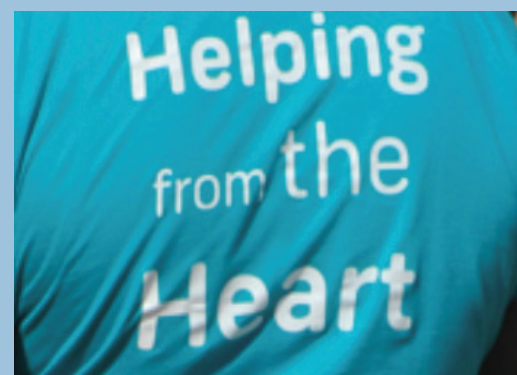
What We Are Offering

Bringing our passions together to provide FREE and donation based Yoga classes for you and your friends.

Why

To help raise awareness about Yoga and about the work that Habitat contributes in our communities to make lives better

Donations are graciously accepted and 100% of the proceeds will go to Habitat for Humanity Zambia



WORKING TO
BRING PEOPLE



TOGETHER TO
BUILD HOMES,
COMMUNITY
AND HOPE
FOR PEOPLE
ALL OVER THE
WORLD



YOGA

FUNDRAISER

Supporting

HABITAT FOR HUMANITY ZAMBIA

CREATE A SPECIAL YOGA EVENT **FREE** FOR YOU AND YOUR GUESTS

What We provide

A high quality Yoga teacher that you and your friends can hire for FREE

Kathryn is an experienced professional Yoga teacher who will guide you through a complete well rounded Yoga practice combining breath, movement and meditation, designed just for you

No experience required
All levels welcome
No equipment needed
Bring your chitenge and a smile
Classes can be suited for either kids or adults

What You provide

You choose the date and time and provide the location that is suitable to you and your guests

Your event can be held in a studio, place or business, or privacy of your home

Some geographic restrictions may apply

How We Connect

Book us for a 1 hour Yoga class

we are available

May 5 - 13, 2016

Peggy Bell, Volunteer Habitat Team Leader

contact: warbel@shaw.ca

Kathryn Turnbull, 500hr Registered Yoga Teacher

contact: kathryn@yogaliving.ca

<http://yogaliving.ca/>

<https://www.facebook.com/TheSisterhoodOfTheTravelingHammers/>

<https://twitter.com/yogalivingca>

We will provide a poster for your event and create a Facebook Page for your guests to RSVP to your special Yoga event

What We Share Together

The experience of the spiritual traditions of Yoga that rejuvenates your body, refreshes your mind and replenishes your spirit

We'll feel how Yoga transforms lives and touches every aspect of our life in a positive way. By us coming together to do Yoga we can make a difference in other peoples lives

We will also learn about the work of Habitat of Humanity Zambia

So let's celebrate together and share the light and love that shines within us on and off the mat and out into the community

Every one that provides a donation to attend the classes will be eligible for a special prize

Raffle tickets will be sold for high quality Yoga inspired prizes!

limit one prize per person if more than one prize is awarded



B **YOGA**™

 **Habitat**
for Humanity®
Zambia

lululemon  **athletica**