

YOGATHON

#RISEFORACAUSE



YOGATHON 2014

CALGARY



5TH ANNUAL YOGATHON 2015

An Invitation to Join Us

Art of Living Lebanon is pleased to present a proposal to sponsor the 5th annual Yogathon, a 108 Sun Salutation Challenge. The event, **in collaboration with the Municipality of Beirut, is being held at the beautiful Horsh Beirut** on Saturday, August 20, 2016 from 9:00 a.m. to 12:30 p.m.

The Art of Living Foundation is a not-for-profit, educational, and humanitarian non-governmental organization engaged in educational and service initiatives in over 150 countries.

The Worldwide Yogathon is being held **in over 50 major cities globally including Vancouver, Toronto, Montreal, Sidney, Berlin, Oslo, Rio de Janeiro, and many more.**

The purpose of the event is to create awareness about yoga and interest in its practice for healthier living. The event in Lebanon will challenge participants to complete 108 sun salutations in support of himaya, a Lebanese Non-Governmental Organization dedicated to making child protection a right across the country. All proceeds from Yogathon Lebanon will help educate the youths of himaya's Resilience Center.

By partnering with Art of Living Lebanon you will not only help create awareness amongst residents in Lebanon about yoga and healthy living, you will help transform the future of children.

ART OF LIVING

We teach stress elimination programs which include breathing techniques, meditation and yoga. These programs help create a sense of belonging, eliminate stress, restore human values and encourage people from all religions and cultural traditions to come together. Established by Sri Sri Ravi Shankar in 1981, the organization's programs are guided by Sri Sri's philosophy of peace: "Unless we have a stress-free mind and a violence free society, we cannot achieve world peace." Globally, the Art of Living Foundation has spread peace across communities working in collaboration with The International Association for Human Values. We have successfully implemented diverse humanitarian projects, including conflict resolution, disaster relief, sustainable rural development, empowerment of women, prisoner rehabilitation, education for all, and environmental sustainability. Within Lebanon Art of Living service initiatives help local communities, children, youth, and refugees.

YOGATHON 2015

BRAZIL

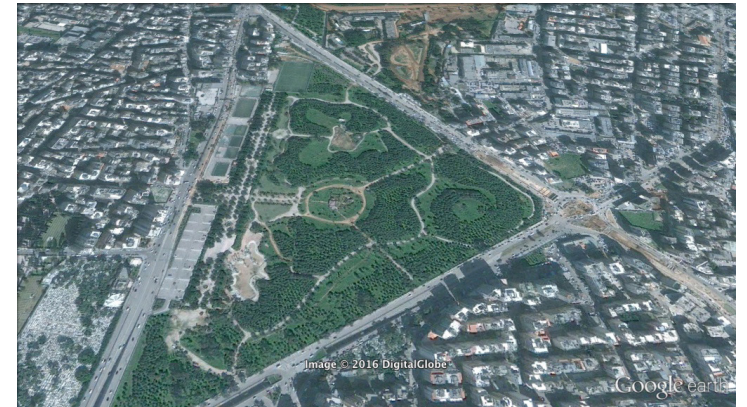


YOGATHON 2016 – VENUE

Horsh Beirut

An ideal Location

Horsh Beirut, also known as Horsh El Snoubar, is the largest green space in Beirut. In the 13th century, William of Tyre called the forest "La Pinée" or "Sapinoie". Since then, Horsh Beirut stood strong throughout Lebanon's turbulent history, from the armies of the Crusaders, the Mamluks, and the Ottomans, to World War II, and Lebanon's recent civil war. Today, Horsh Beirut has been reduced in size from a glorious pine forest of 1,250,000m² to a humble 300,000m² park. Rich in a diversity of fauna and flora, Horsh Beirut offers a calm peaceful environment in the midst of a large chaotic city. A recent popular location for yoga lovers to practice in nature, it is easily accessible and connects different parts of Beirut from Tayouni roundabout.



YOGATHON 2016 – OUR CAUSE

Himaya



Lebanon is joining the global movement to raise awareness about the need for universal education and to help make the world fit for our children. We know that together we can create powerful changes to our communities. United we are a force to be recognized. Join hands with us as we shift the consciousness of our planet to express and experience more love and awareness.

Join us on August 20 to take the 108 sun salutation challenge, a symbolic offering of hope to children of Lebanon and to spread the message of universal education. All proceeds from Yogathon Lebanon go to Himaya's education program. So what are you waiting for? Go ahead and register!

<https://www.himaya.org>



himaya is a Lebanese Non-Governmental Organization dedicated to making child protection a right across the country. himaya aims to break the silence and offers children the life skills they need to defend themselves. himaya also supports survivors of abuse and gives them the psychosocial support they need to overcome their experiences. In order to be as effective as possible, himaya works with children, their families, and surroundings as a whole. It strives to make a change on a national level with the help of its two main programs: the training and resilience programs. It covers the majority of Lebanese territory with offices in Mansourieh, Beirut, Baalbeck, Zahle, Zgharta and Halba.

Life is sacred, celebrate life.
Care for others and share
whatever you have with those
less fortunate than you.
Broaden your vision for
the whole world belongs to you.

~ Sri Sri Ravi Shankar

YOGATHON 2015

MONTREAL



YOGATHON 2016

Contact us

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