

RISE!

Calling all Bellingham Yogis and Friends of Yoga
Participate in Bellingham's Largest Yoga Event,
The Bellingham Mala for Peace Day.

Participating Bellingham Yoga Teachers

Ingela Abbot ▲ Larry Boone ▲ Margaret Chester ▲ John Hawkins ▲ Galie Jean-Louis
Melissa Newman ▲ Michal Retter ▲ Amy Robinson ▲ Abby Staten ▲ Juliet Wade

The purpose of the Global Mala is to unite the global yoga community from every continent, school or approach to form a "mala around the earth" through collective practices based upon the sacred cycle of 108 on Sept. 21st and 22nd, Fall Equinox as the yoga world's offering to further the UN International Peace Day. Each center offers their form of a Yoga Mala according to their yoga tradition and inspiration.

Bellingham Global Mala Schedule

- ▲ 12:00 Welcoming to Bellingham Global Mala
- ▲ 12:15 Invocation to Ganesha
- ▲ 12:20 Sun Salutations
- ▲ 12:40 Prana Surya Namaskar with Chant
- ▲ 1:10 Flow & Glow with Your Peaceful Inner Warrior
- ▲ 1:30 Partner Yoga
- ▲ 2:00 Yoga Nidra and Meditation on Peace
- ▲ 2:30 Gayatri Mantra with Mudra/Asana
- ▲ 3:00 Guided Deep Relaxation and Savasana
- ▲ 3:30 Peace Labyrinth Walk & Mandala Meditation
- ▲ 3:45 Closing Peace Ceremony

- ▲ Location: Fairhaven Library 3rd floor (1117 12th Street).
- ▲ ARRIVE at 11:45
- ▲ Parking: we encourage folks to walk or bike as there is no parking at the Fairhaven Library.
- ▲ What to bring: mat, blanket, water, yoga props.
- ▲ All levels welcome, with areas to sit for those not able to practice.
- ▲ Donations: Suggested donations from \$18-38 with sliding scale.
- ▲ Donations for the event will go to: Locally: Brigid Collins Family Support Center.
Globally: Children refugees of war (War Child) & Youth Aids
- ▲ In addition, we are asking all participants to bring donations for Bellingham Food Bank and Hospice. Please bring either 2 cans of food items or dry goods to donate OR flowers to be delivered to local Hospice patients.
- ▲ The Bellingham Public Library is not a sponsor of this event and neither sanctions nor endorses the point of view represented.

