



Heartspace Yoga

OBJECT

Women Not
Sex Objects

Charity Yoga Marathon 108 Sun Salutations

About Object :

OBJECT challenges 'sex object culture', most recently working to change the laws on prostitution - to make it a criminal offence to purchase sexual services from pimped or trafficked women. Find out more about their work at www.object.org.uk

About the Marathon:

108 salutations creates tapas (internal heat) and can generate personal change. It is a challenging and spiritual practice. In fluid, soulful movement we will breathe and move as one. An opportunity to raise some inner fire and purge some toxins, as well as raise much needed funds for OBJECT.



The morning will consist of 108 Sun Salutations (54 full rounds, i.e. 108 sides!!), Centering, Meditation and Chanting of the Heart Sutra please [click link](#) for Chant words). Mohini, founder of [Heartspace Yoga](#) will be joined with 2 co-teachers who will assist in the leading of the practice.



If you would like to participate, either by way of practice, making tea, dabbing the brows of your friends (!), then get in touch. If the idea of 108 seems too much why not bring a friend or even a few to share the rounds.



Make sure you wear comfortable clothing, stay hydrated and take regular breaks. Some knowledge of the basic Sun Salutation is recommended. Please bring a yoga mat and plenty of water.



Saturday, 29 January, 2011



10-12.30 Practice



12.30-1.30 pm Lunch (bring shared lunch)



Tom Oakman Centre,

6A Weale Road, Chingford,

London, E4 6JL



£10 donation (all proceeds go to Object)



[Sign-up now](#) or contact [Clair](#)



RSVP to [Mohini](#) or Clair