

**Mind
Body
Spirit
& a Good Cause!**

**Saturday
September 25
2010**

**Attend select yoga classes at participating studios
on September 25 (see reverse for list)
and your class fee* will be donated to
Rape Victim Advocates, a non-profit providing
free services to rape victims across the city!**

*Each class will have a drawing for a chance to
win a prize from lululemon athletica!*

**either a portion or the full class fee will be donated depending on the studio's participation*



Rape Victim Advocates (RVA) provides 24 hour crisis response for rape victims in 11 hospitals across Chicagoland, free advocacy and counseling services to survivors of sexual violence, and prevention education and professional trainings to schools, organizations & communities.

312.443.9603
www.rapevictimadvocates.org
24-hour Chicago Rape Crisis Hotline (888) 293-2080

We strongly recommend that you contact the yoga studio ahead of time to pre-register for the class(es) of your choice!
Please note that some studios have multiple locations or are not in the city (these are noted after the studio name).

8:15 am	Moksha Yoga (Lakeview)	3334 N. Clark Street www.mokshayoga.com	Hatha 1-3
9:00 am	Moksha Yoga (Logan Sq)	2528 W. Armitage Street www.mokshayoga.com	Hatha 1-2 (with live music)
10:00 am	Grateful Yoga (Evanston)	1108 Davis Street www.gratefultyoga.com	Hatha (intermediate)
10:30 am	Yoga Trek (Oak Park)	911 S. Lombard www.yogatrekcenter.com	Vinyasa Flow (intermediate)
11:15 am	Moksha Yoga (Logan Sq)	2528 W. Armitage Street www.mokshayoga.com	Vinyasa 2
12:00 pm	Yogaview	2211 N. Elston Ave, Ste 200 www.yogaview.com	Level 2 (seasoned beginners)
12:00 pm	Bend Yoga & Movement	906 N. Damen Avenue www.bendyogachicago.com	Hatha/Vinyasa
12:00 pm	Grateful Yoga (Evanston)	1108 Davis Street www.gratefultyoga.com	Hatha (basic)
12:00 pm	Chicago School of Hot Yoga	2442 N. Lincoln Avenue www.chicagoschoolofhotyoga.com	Om Zone (unheated, all levels)
1:30 pm	Moksha Yoga (River West)	700 N. Carpenter Street www.mokshayoga.com	Intro to Yoga
2:30 pm	Spring Wellness Center	1350 W. Newport www.springpilateschicago.com	Yoga Music Flow (Vinyasa-style)
4:00 pm	Pipal Tree Yoga & Wellness	4141 N. Lincoln Avenue www.thepipaltreeyoga.com	Hatha- Mellow Flow
6:00 pm	Nature Yoga Sanctuary	2021 W. Division Street www.natureyoga.com	Vinyasa

Want to know more about RVA?

Join us at 9 am for a free yoga class at lululemon athletica at 1627 N. Damen on 9/25; there will be a brief presentation about RVA services and volunteer opportunities.

You can also go to www.rapevictimadvocates.org and sign up for our monthly e-newsletter, become a fan on Facebook, follow us on Twitter or join our group on LinkedIn!

Special thanks to lululemon athletica, Yoga Chicago magazine and all the participating yoga studios & instructors for their generosity in supporting services for survivors of rape!

