

# SOUTHEND YOGA FESTIVAL

## Sponsorship Pack

During the day we will be holding a sponsored event of 108 Sun Salutations for all of those willing, and don't worry if it sounds beyond your ability or you need help to participate, we invite you to join together and do what you can, and all will be accommodated on the day by our professional guides.

**If you would like to partake in the sponsored event all the details are in this pack!**

### **What are Sun Salutations?**

Surya Namaskar or Sun Salutation is a set of 12 powerful yoga asanas (postures) which loosen up, stretch, massage and tone all the joints, muscles and internal organs of the body.

It stimulates and balances all the systems of the body and helps balance the energy flow within the body, having a positive impact at both mental and physical levels.



### **Why are we practicing 108 Sun Salutations?**

It's a powerful experience that will stretch you and leave your yoga practice changed. Along with being an incredible way to detox, physically and mentally, it's a memorable gesture and a chance to benefit a worthy cause – Havens Hospice.

### **The Significance of the 108**

108 has long been considered a sacred number in Hinduism and yoga.

In Vedic astronomy, it states, the diameter of Sun is 108 times that of the Earth. The distance between the Earth and the Sun is 108 times the diameter of the Sun. The distance between the Earth and Moon is 108 times the diameter of the Moon. According to the Vedic astrology, there are 27 constellations and each constellation has four directions covering the entire galaxy ( $27 \times 4 = 108$ ).

Hatha Yoga is defined as the union of two different energies; the Sun and the Moon or the Masculine and Feminine.

## Just Giving

You will need to set up a just giving page

- [www.justgiving.com](http://www.justgiving.com)- and set yourself up
  - Click 'Start Fundraising'
- Select 'A Charity' and search for 'Havens Hospices'- press select when you see the Havens logo- top of the search (image below)



- Select 'Doing your own thing'
  - 1.

<b>Event Type</b>	Something else
<b>Event Name</b>	Southend Yoga Festival
<b>Event Date</b>	1 <sup>st</sup> June 2019

2.

**Choose web address** Selected

3.

<b>Return for goods</b>	No
<b>Covering costs</b>	No
<b>Havens Contact</b>	Your choice!

**Finish and create your page!**

**If you would simply like a sponsorship form- please use the one supplied below and bring your donations to the event ☺**

Good Luck with your sponsorship and we look forward to seeing you at Southend Yoga Festival!



