



*FOR IMMEDIATE RELEASE*

***MOKSHA YOGA WINNIPEG:  
Practice Yoga this Summer – and Help Build a School!***

*Winnipeg MB (July 2, 2009)* -- The 'summer of karma' is underway at Moksha Yoga Winnipeg. Two months of Karma classes will take place to further the pursuit of education in the birthplace of yoga.

Moksha Yoga Winnipeg (MYW) is teaming up with local musicians Keith and Renee, and their charity partner Free The Children, to raise funds through Karma classes. The goal for July and August is to raise a minimum of \$8500 – enough to build a schoolhouse in India. Currently in India there are over 214 million children from 5 to 14 who are engaged in child labour instead of going to school. By building schools in India, it is expected that children will begin to receive the education and free life they deserve.

Karma classes take place at MYW three times each week, with the following special classes running in July:

**Friday July 3<sup>rd</sup> – 7:30pm and 9:00pm  
DJ DiscoKitty spinning soulful house music**

**Wednesday July 8<sup>th</sup> – 1:30pm  
Keith and Renee play live music**

**Friday July 10<sup>th</sup> – 7:30pm and 9:00pm  
Keith and Renee play live music**

**Friday July 17<sup>th</sup> – 7:30pm and 9:00pm  
Inspirational Hip Hop Yoga**

All classes take place at Moksha Yoga Winnipeg – 2 Donald Street, Unit 7

Minimum \$5 donation per class – but you can donate more!

All proceeds from July and August Karma classes go to Free The Children

Attendance is limited, so first come first served!

**WHAT ARE KARMA CLASSES?**

MYW is the only studio in Winnipeg to hold Karma classes, which raise money to give back to the community. Registration fee for Karma classes is a minimum \$5 donation, but participants can contribute as much as they want. All proceeds raised are donated to charity. MYW's regular schedule includes three Karma classes each week – one on Wednesday afternoon, and two on Friday evening. Through Karma classes in May, more than \$4000 was raised for Challenge for Life. Over the past two years, MYW has raised more than \$20,000 for local charities.

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The partnership with Free The Children is the first time MYW has chosen a non-local charity. Free The Children is the charity supported by Winnipeg musicians Keith and Renee, who are heading to Kenya this summer to volunteer with the organization. They wanted to do something to raise money in Winnipeg while being abroad, and approached MYW about raising funds through Karma classes for Free The Children. Together, Keith and Renee and Moksha Yoga Winnipeg hope to make a difference by building a school in India that will help children acquire an education. They also hope that Moksha yoga teachers who travel to India for yoga training will be able to contribute to building the schoolhouse during their time there.

## **IMPORTANT LINKS**

‘Summer Karma’ video on youtube: [www.youtube.com/watch?v=nyLQQ6Rpy\\_U](http://www.youtube.com/watch?v=nyLQQ6Rpy_U)

Free The Children: [www.freethechildren.com](http://www.freethechildren.com)

Keith and Renee: [www.keithandrenee.com](http://www.keithandrenee.com)

Moksha Yoga Winnipeg: [www.mokshayogawinnipeg.com](http://www.mokshayogawinnipeg.com)

## **ABOUT MOKSHA YOGA WINNIPEG**

Moksha Yoga Winnipeg is a member of a group of independent hot yoga studios committed to ethical, compassionate and environmentally conscious living. Collectively they strive to communicate that yoga’s benefits are limitless and accessible to all. They offer hot yoga in the form of moksha, moksha flow, hot flow and hot hatha, as well as daily yin yoga and ashtanga classes. MYW has three teachers who can be booked for private sessions of therapeutic yoga to help people move out of pain.

***MYW voted the #1 gym/studio in Winnipeg by Uptown Magazine!***  
***[www.mokshayogawinnipeg.com](http://www.mokshayogawinnipeg.com)***