

Registration/Pledge Form

YOGA-THON FOR APPLGROVE COMMUNITY COMPLEX



60 Woodfield Road
South of Dundas (in Duke of Connaught School)

Saturday, February 4, 2012 (snow date Feb. 25)
1 to 3:30 p.m.

Participant Information

Given Name: _____ Surname: _____ Phone: (____) _____

Address: _____ City: _____ Postal: _____

- The top fundraisers will win prizes (one for the most money, one for the highest number of pledges).
- The first 3 registrants will receive prizes and everyone else will be eligible for a special prize!
- Proceeds will go to the family support programs of Applegrove Community Complex.
- All money should be collected at the time of pledging and must be handed in prior to fundraiser starting on February 4, 2012.
- Tax receipts are automatically issued for donations greater than \$10.00. Check if a receipt is needed for an amount under \$10.
- Please make pledge cheques payable to "Applegrove Community Complex". To pledge via credit card, call Applegrove at 416-461-8143. To pledge online, go to www.ApplegroveCC.ca – make sure to note the name of person sponsored in the message box.

Sponsor Name (Please print)	Complete names, addresses and postal codes of donors are required for tax receipts.	Tax Receipt Needed	* Don't use my name	Pledge Amount	\$ Collected	On Line
*The names of individuals who receive a tax receipt will be published in the print version (but not the on-line version) of Applegrove's annual report. To decline, check this column.						
				Verification		

The information on this form is collected under the authority of the Community Recreation Centres Act R.S.O. 1990, C. C22, and Chapter 25 of the Municipal Code of the City of Toronto. It will be used by the Applegrove staff for administering donations and information about centre activities. Questions about this collection may be directed to Susan Fletcher, Executive Director, Applegrove Community Complex, 60 Woodfield Road, Toronto, M4L 2W6 or phone 416-461-8143.



APPLEGROVE COMMUNITY COMPLEX

60 Woodfield Road, Toronto, Ontario M4L 2W6
Tel: 416- 461-8143 Fax: 416-461-5513
www.ApplegroveCC.ca

“TOGETHER, BUILDING OUR COMMUNITY”

APPLEGROVE YOGA-THON
February 4, 2012*

YOGA-THON: Up to 108 Sun Salutations guided by professional yoga instructors.
Do as many as you can at your own pace.

Suggested fee: \$20 or pay what you can.
Prizes for the top fundraisers and other participants!
Child-minding: \$5 per child, registration deadline February 1.
Bring your own yoga mat if you have one.

*Please note: the snow date is February 25, 2012. We need participants' phone numbers in case of bad weather on February 4.

WHY 108 SUN SALUTATIONS?

Surya Namaskar, the Sun Salutation, is a series of 12 postures performed in a single, graceful flow. Each movement is coordinated with the breath. Inhale as you extend or stretch, and exhale as you fold or contract. The Sun Salutation builds strength and increases flexibility. For more information, see the link on Applegrove's website.

The 108 sun salutations are an ancient practice from India to honor the change of the seasons and the transitions of nature's sun and earth energy, as well as to purge the body of toxins. Traditionally, this is done during the times of Equinox and Solstice. The 108 sun salutations, also called a *mala* – an expression of wholeness – has profound significance in Hindu and Buddhist traditions. There are 108 sacred Vedic texts – texts thought to have existed since time immemorial as vibrations in space and form part of the foundation of Hinduism; 108 beads in the mala, meditation prayer beads; and 108 is divisible by 9, the spiritually highest number. Furthermore, performing 108 sun salutations generates a certain quality of energy, almost like a certain frequency that has spiritual significance.

APPLEGROVE COMMUNITY COMPLEX

A neighbourhood partnership fostering community through social and informative programs for individuals and families for over 30 years!

Proceeds will support Applegrove services such as early learning activities for children up to age 6 (we run 3 drop-ins for parents or caregivers and their children); pre- and post-natal nutrition, information and support; and therapeutic play, with a group for their parents. If you need more information about Applegrove, or want to sponsor this event, please call Susan Fletcher at Applegrove: 416-461-8143 or visit www.ApplegroveCC.ca.

