

Media Release: Tuesday, 10 November 2009



Salute the sun and support Barnardos

Get out your yoga mat, practice your downward dog and support Barnardos Australia by joining yoga leaders, enthusiasts and celebrity yogis around the country in the Yoga Aid Challenge 2009 on Sunday 15th November. To complete the challenge, participants will perform 108 sun salutations over approximately two hours, led by some of Australia’s best yogis.

Now in its third year, The Yoga Aid Challenge promotes the awareness of yoga in the community whilst raising money for local charities. Barnardos Australia is once again one of the partner charities and of this giving4living movement that last year raised over \$40,000 for the disadvantaged, neglected and abused children Barnardos cares for.

Join the Barnardos team at the Sydney event which is being held at Mrs Macquarie’s Chair in the Royal Botanical Gardens from 8:00am, followed by a charity concert held at the Bondi Pavilion from 6pm with the full ticket proceeds going to the four supported charities.

“We would like to thank Yoga Aid for again choosing Barnardos Australia as a beneficiary of this unique event,” said Bill Petch, marketing manager, Barnardos Australia. “Holding the event on a Sunday for the first time will allow more people the opportunity to participate and raise funds that will help give some of Australia’s most disadvantaged children a brighter future.”

“Every two minutes – the equivalent of two sun salutations – an Australian child is reported as neglected or abused,” added Petch. “If no-one provides these children with the basic protection they need, how can they grow up to reach their full potential? At Barnardos we believe in the capacity of each and every child, no matter their circumstances.”

Due to the success of the initial Australian events, the enjoyment of participation and the wonderful global yoga community, Yoga Aid has expanded the events internationally with events taking place in America, Japan, India, Hong Kong and the UK.

To register to support Barnardos Australia at a Yoga Aid event near you visit www.yogaaid.com.au.

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For more information contact Emma Lipscombe on 0412 468921 or email events@barnardos.org.au.

Notes for editors:

Barnardos Australia is a non-government, non-denominational child welfare charity that has been helping children in need for over 120 years.

Barnardos is one of the largest children’s charities in Australia, caring for children at risk of abuse and neglect. The work of Barnardos Australia focuses on the prevention of abuse, neglect and entry into care. Children of all backgrounds and cultural heritage are helped through a range of welfare programs including crisis care, family support, counselling and permanent foster care.

Our vision is that all children and young people will have caring families, in which they can grow up safely and reach their full potential supported by quality services and engaged communities.

For more information visit: www.barnardos.org.au.