



twelve days of yoga

holiday karma challenge to benefit the sonoma county ywca safe house and preschool

make it to 12 classes during the month of december -- instant karma for body and mind.
bring a "wish list" item below to each class -- instant karma for the soul.

the items are small, but together they'll have big impact for
women and children fleeing domestic violence.

for every member who completes the challenge, we'll donate \$25 to the YWCA's ongoing efforts.



wish list

stamps - markers - chalk
construction paper - glue - clothespins
laminating paper - dress-up clothes
black sharpie markers - tape dispensers - binder clips
pens - google eyes - buttons
velcro dots - sandpaper - paperclips
copy paper (8 1/2 x 11) - 3-ring binders (1 1/2")
laundry soap - toilet paper - paper towels
compact fluorescent light bulbs - alarm clocks
snacks for children - granola bars, fruit cups, nuts
bath robes - bath towels - wash cloths
post-it notes - manila file folders - legal pads

