

# The Global Mala Yoga for Peace Project

The purpose of the Global Mala is to unite the global yoga community from every continent, school or approach to form a "mala around the earth" through collective practices based upon the sacred cycle of 108 on Sept. 20th

Composed of 108 beads, the mala is symbolic of the prayer for peace, hope and charity the Global Mala Project will be sending to the world.

Fellowship with likeminded yogis interested in creating the peace they wish to experience in the world. Join millions of yoga and health enthusiasts at hundreds of events nationwide and around the world. Deepen your commitment to a healthy lifestyle by celebrating the transformative power of yoga with friends, family and your global community!

The mission of the Yoga Health Foundation is to educate about the health benefits of yoga and to inspire a healthy lifestyle. Yoga Month participants come from many different countries, backgrounds, beliefs, religions and cultures.

## WHAT:

108 Minutes of Yoga

Led by various teachers from local studios

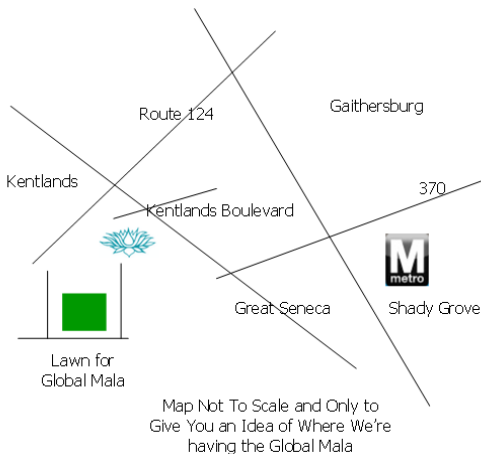
## PLACE:

311 Kent Square Road  
Gaithersburg, MD

Lawn Next to the Gaithersburg/Kentlands Arts Barn. To find us, follow signs in the Kentlands for YOGA DAY.

## DATE:

Sunday,  
September 20<sup>th</sup>



We encourage all novices, advanced yoga students, teachers and studios to join the Yoga Month movement.

## TIME:

Noon to 5:00 p.m.  
(108 Minutes of Yoga beginning at 2:00 pm)

**FOOD:** No food provided. Bring your own picnic, blanket, umbrella, kids, pets ...



For more information on  
Yoga Month:  
[www.yogamonth.org](http://www.yogamonth.org)

E-mail:  
[Abby@InnerReaches.com](mailto:Abby@InnerReaches.com)  
For more information or visit  
[InnerReaches.com](http://InnerReaches.com)

## WHAT TO BRING:

Yoga Mat &  
Wear Comfortable  
Clothing  
**Karma Offering  
(Check or Cash only)**