



# NIROGA®

*Transforming Lives and Healing Communities*

## It's time for the Annual NIROGA YOGA-Thon! Saturday, May 14<sup>th</sup> 4pm to 7pm

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

I plan to do at least \_\_\_\_\_ minutes of yoga for **NIROGA**. Phone/Email: \_\_\_\_\_

Dear Potential Sponsor,

I am participating in the **Niroga** YOGA-Thon. All proceeds will help fund NIROGA's efforts to transform lives and heal communities. You can sponsor me for an amount per minute of yoga and can name a maximum amount that you are willing to contribute. After the yoga-thon, I will return to tell you how many minutes I completed and collect your contribution. Make checks to **NIROGA**. All contributions are tax-deductible.

Thank you!

Name of Sponsor	Pledge per minute (Example: \$1.00)	Maximum Pledge	Amount Collected from Sponsor	Business Matching Pledge Amount
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
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12				
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20				

### Participants:

To reach our goal, we hope that each participant finds **at least 10 sponsors** and **raises \$50 to \$100**

Please bring this form to **NIROGA Center** 111 Fairmount Avenue Oakland, CA 94611 on the yoga-thon day, **Saturday, May 14<sup>th</sup>**.

# Annual NIROGA 2011 YOGA-Thon

**Saturday, May 14th**

Our annual yoga-thon is a fun and fit activity for everyone, beginners and yogis/yoginis alike. Food and drinks will be available at the event, and a music and dance social will follow from 7pm to 10pm. A raffle and marketplace will also be taking place, so there will be lots to enjoy.

Our goal is to raise at least **\$5000**. We're hoping to make this yoga-thon a success, so the more contributions you raise, the more successful we'll be at achieving our goal. Thank you very much for your participation!

## Guidelines

1. Participants may start collecting pledges as soon as they receive the pledge sheets. **Reminder: Pledge sheets need to be turned in on yoga-thon day, Saturday, May 14th.**
2. Pledges may be made by anyone. **Please ask everyone who pledges if their company has a matching gift fund policy.**
3. **Each sponsor making a pledge should write their own name, pledge per minute, and maximum pledge.** Participants may collect the pledge in advance but must keep pledges until all are collected.
4. On yoga-thon day, each participant may arrive at anytime between during the yoga-thon, between 4pm and 7pm, and participate for as long as he or she desires.
5. Upon arrival and completion of the yoga-thon, participants must note their time practicing yoga and record their lap total time on their pledge sheet and return it. Students may then collect outstanding pledges. **Please return pledge sheets with the money to Niroga by Friday, May 21st.**

We look forward to all our participants having a great time! For questions or to volunteer, **call Michael Pace at 510-375-4384**. Thank you!