



because breast cancer never sleeps

24-hour Yoga event supporting Sisters 4 Survivors

Noon Saturday, Jan. 28, 2012 -
Noon Sunday, Jan. 29, 2012

Oregon Athletic Clubs Hawthorn Farm | 4800 NE Belknap Court, Hillsboro, OR 97124

Registration is \$30 per class for an individual or \$600 for a team of 12 - 24 people. Prizes will be awarded for individuals and teams that raise the most money, teams that have 100% participation all 24 hours and individuals that do the most yoga. In addition, each participant will have the opportunity to win a raffle prize for each class they participate in during the hours of 8 pm - 8 am.

TO REGISTER, VISIT

www.sisters4survivors.org/register
or call **503.828.5583**.

SATURDAY, JANUARY 28TH

- Noon Sweat Your Heart Out Vinyasa - Tiffany Cruikshank
- 1 pm Gentle Yoga - Dina Lang
- 2 pm Yoga Fusion - Tiffany Barrett
- 3 pm Hatha class - Molly Spangler
- 4 pm Yoga - Pilates Progression by Monika Gold
- 5 pm Vinyasa - Brenda Ku
- 6 pm Vinyasa for beginners - Dana Damara
- 7 pm Imagination Yoga - Jamie Hopkins
- 8 pm Power Vinyasa - Iris Mason
- 9 pm Yoga Tune-up - Nina Pitzel
- 10 pm Guided Meditation - Robin Chen
- 11 pm Power Vinyasa - Tara Atkinson

SUNDAY, JANUARY 29TH

- 12 am Gentle Yoga - Gaye Reed
- 1 am Raja Yoga - Steve Davis
- 2 am Yoga + Sound - Allison Millionis
- 3 am Hatha - Sarasvati Parinama
- 4 am Gentle Hatha - Maureen Madise
- 5 am Yoga/Pilates Fusion by Jenn Smirl
- 6 am Power Vinyasa Class - Nattika Detskultorn
- 7 am Gentle Yoga by Jamie Homayoun
- 8 am Tai Chi - Diane Harris
- 9 am Vinyasa class - Jill Allen
- 10 am Chair Yoga - Christen Allsop
- 11 am Power Vinyasa Soul Shakin Yoga - Alex Cole

All proceeds go to Sisters 4 Survivors, a 501(c)(3) nonprofit organization supporting women with breast cancer. For more information, visit www.sisters4survivors.org or contact Tonya Priestley at tonya@sisters4survivors.org.

Featuring :
Tiffany Cruikshank



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