

"The beauty and charm of selfless love and service should not die away from the face of the earth. The world should know that a life of dedication is possible, that a life inspired by love and service to humanity is possible. Our compassion and acts of selflessness take us to the deeper truths. Such action is not just work; it is karma yoga."

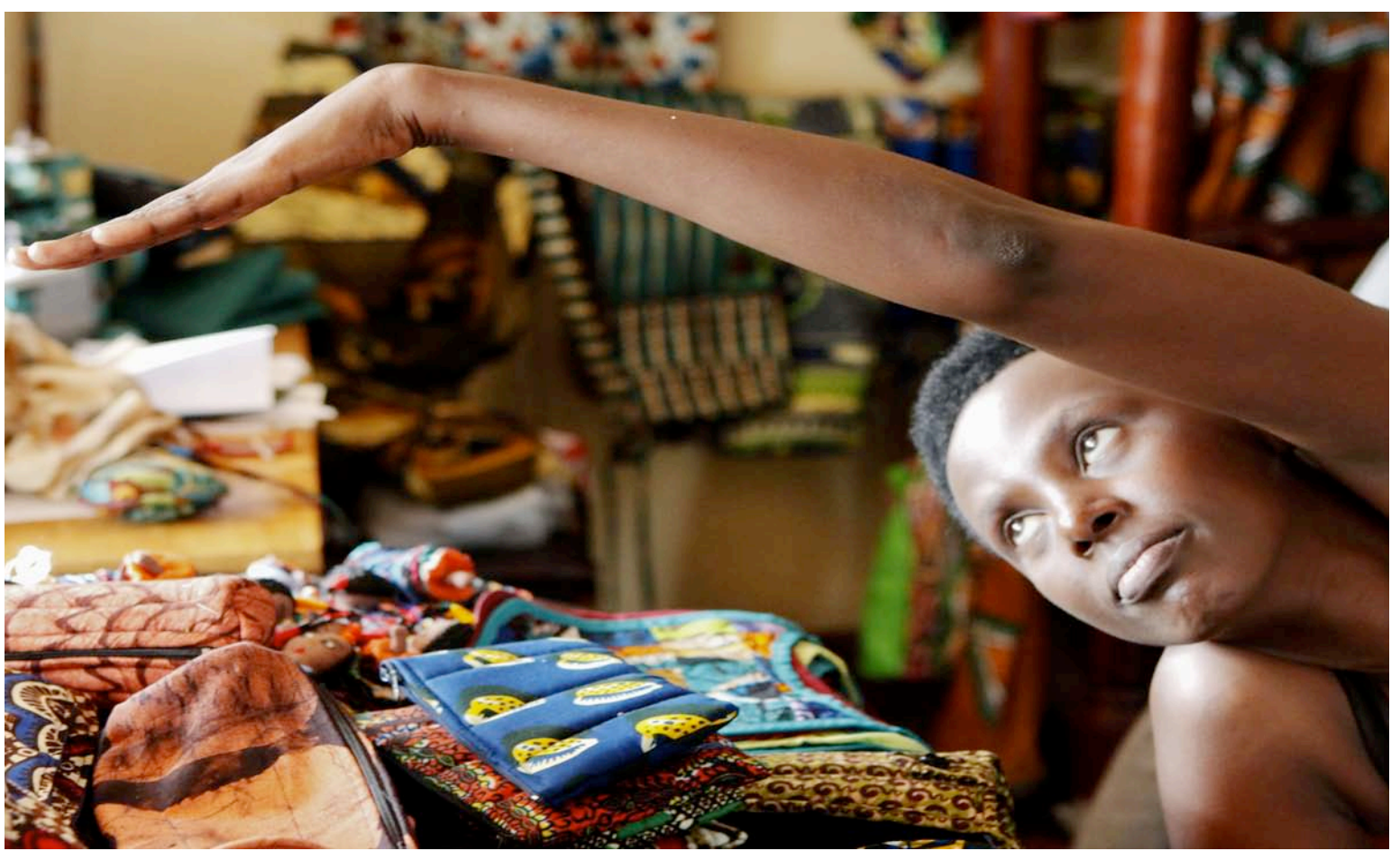
Mata Amritanandamayi



Project Air

The only organisation in the world that uses yoga to help women & children overcome the devastating effects of genocidal rape, sexual violence & HIV/AIDS

project-air.org



Project AIR works in Rwanda, where it provides yoga classes to HIV+ women & children. It will soon expand into Eastern Congo, which is witnessing the deadliest conflict in the world today.



In this conflict, 500,000 women & girls have been brutally raped and socially abandoned. These women and girls need help urgently. They need your help.

To help them & others in
Rwanda like them, Project Air is asking
the yoga community worldwide to help raise
\$1,000,00 in 100 days!



\$1,000,000 is a lot of money.

What can one donation do?

\$25 can buy a yoga mat for a women or a child

\$50 can buy food, water, transportation and supplies for a class of 50

\$100 can provide training for girls and women in how to produce high-energy food and solar-disinfected drinking water

\$500 can invest in a girl or woman by giving her teacher training for 1 year

\$1000 can Invest in a entire community of women & children by guaranteeing them yoga classes for 1 year

\$5000 & up can help Project Air broaden yoga's reach into war-torn Eastern Congo





To yoga schools – Please join us as partners in this campaign by making a minimum donation of \$100. And please pass on the word to your students. (Posters and other materials are available on our website: <http://www.project-air.org/share.html>).

To yoga practitioners – It doesn't take a whole school! Just one person giving from the heart can make all the difference in the world. Your contribution directly affects the well-being of thousands of women and children. Give them the gift of a life restored and resilient. In doing so, you will take your practice off the mat and into the world—and so give meaning to the true spirit of yoga. (<http://www.project-air.org/donate.html>).

To potential volunteers – We welcome you! Project AIR needs qualified volunteer teachers willing to make a 3-month minimum commitment. By volunteering, you will do what cannot be done by modern medicine: you will attend to minds and hearts, and so exemplify the spirit of karma yoga. (<http://www.project-air.org/getinvolved.html>).

Yoga can be this powerful.



You can be this powerful.

Please help bring peace and health to the women & children
of Rwanda and Eastern Congo by stretching a
bit further and contributing.

Thank you.

project-air.org