

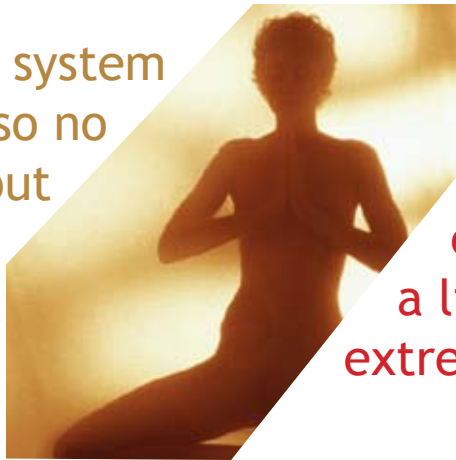


# 2008 New Yoga Walls Project

***We are planning to redo 2 of the Ravenna Center's much abused walls in 2008. You can help.***

**WE ARE USING** a wall plan developed by noted San Diego Iyengar Yoga Teacher Eddie Marks and modified by David Crocker of Odyssey builders of Seattle and Eric Shulenberg of Seattle, that allows 38 people at a time to be using the wall ropes. They can be practicing the first rope of Bhujangasana (cobra) and Paschimottanasana (intense extension of the back side of the body), or students can be hanging from the wall ropes into downward dog (Adho Mukha Svanasana) or be completely upside down in rope Sirsana (headbalance). There are literally dozens of useful ways of using wall mounted ropes that add accuracy, extension and scope to your yoga practice.

The new wall rope system has recessed hooks so no one need worry about kicking up into handstand and hitting a hook.



The new walls are as strong as any brand new construction and with a light maple finish are extremely attractive as well.

**A PROTOTYPE** was installed by David Crocker in October and with slight modifications we are hoping to install the walls in in 2008 using work parties during the weekend of March 28th-30th.

**THE COST** for each panel is estimated to be \$200 per panel (not including volunteer installation.)

We are hoping to raise the funds through contributions of students. \$200 buys one 4' x 8' panel or a station for one and a half students. \$400 buys 2 stations. Those who would like to help but are not financially able to contribute can give needed volunteer labor (or other support) at the work parties or at the prework parties support stage. Financial contributions are not tax deductible but will greatly help accelerate the updating and remodeling process of the Center. We also plan on having a silent auction where students purchase goods or services donated by our students..

**In addition to seeking donations for new walls for the Ravenna studio, we are having a silent auction to help raise funds for both the new walls for studio 1 (the main large studio) and for creation of a new planned project: Yoga Studio 2.**

If you have a service or product you would like to offer at our spring fundraiser tentatively scheduled for May 5-9, please use the form of the reverse side or download it off of our home page on our website. Please return completed forms to The Center by **February 15, 2008**. Send them to The Center for Yoga of Seattle 2261 NE 65th St Seattle, WA 98115. *Please note that gifts to the Centers auction fundraiser are not tax deductible.* 100% of funds raised by these means will be used for remodeling purposes: see donation form on reverse side for breakdown of planned individual projects.

**ALSO IN 2008**, we hope to remodel a small studio in the back of the current Ravenna studio for small yoga classes and workshops of up to 12 students. (See Reverse Side) We currently have unfinished warehouse space in the rear of the building with great potential to make a beautiful studio. It has 14 foot ceilings, southern exposure, large windows, and being away from the street, will be more quiet. We are looking for contributions to put in a hardwood floor, a bathroom, it's own heating system, new yoga walls like in the main yoga room, and a new ceiling. Volunteer labor is also greatly appreciated in this regard. Having a second studio would allow the center to offer other classes during the prime times and have a place for our up and coming teacher training students to offer small classes in order to develop their teaching skills.

# 2008 New Yoga Walls Project

**Your generous donations are not tax deductible, as the Center is organized as a for profit business in the State of Washington.**

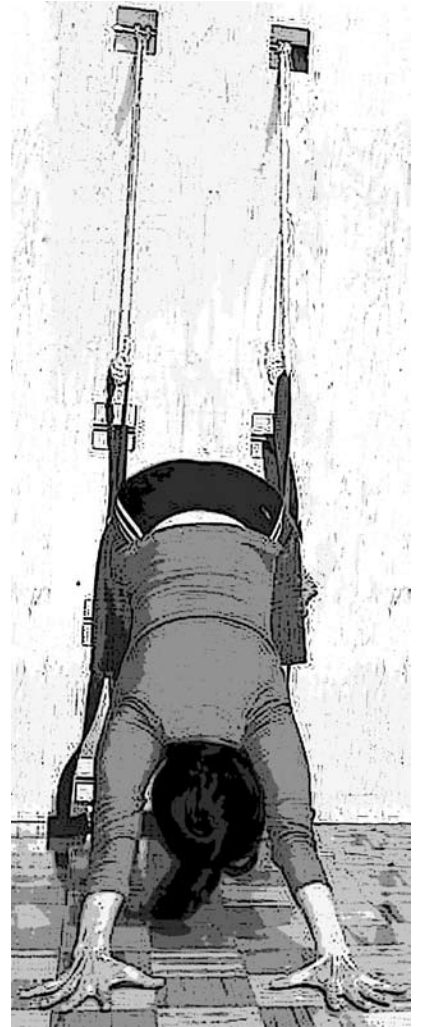
Name \_\_\_\_\_

Address \_\_\_\_\_

Phone number (day) \_\_\_\_\_ (evening) \_\_\_\_\_

## NEW WALL SUPPORTER

*Yes,* I would like to help purchase new yoga wall panels for The Center for Yoga of Seattle. I would like to purchase \_\_\_\_\_ panels.  
For each I am enclosing \$200. (complete form on bottom of page)



## STUDIO 2 SUPPORTER

*Yes,* I would like to donate for the creation of Studio 2, a new second studio we hope to open in Ravenna (see reverse side)

Enclosed is my donation of:

- \$100     \$200     \$500     other amount

I would prefer to be the sole benefactor of a certain area of the studio

- \$4,000 20 New Yoga Panel Walls  
 \$8,000 for the New Hardwood Floor  
 \$30,000 Radiant Heat under Flooring  
 \$10,000 Skylights  
 \$10,000 New Windows  
 \$10,000 Heating System  
 \$5,000 Bathroom/Changing Room  
 \$5,000 Electrical Work

I would prefer to be the sole benefactor of the brand new studio in Ravenna

- \$82,000

*Yes,* I would like to contribute an Auction Item for the fundraising for Studio 2.

If you have things of value in your home that you are not using, here is a wonderful way to eliminate them. We encourage creative thinking for auction items. Suggestions would be: Collectibles, Timeshare or Vacation Home Usage, Legal Advice, Tax Preparation, Computer Consultation, Travel Planning, Swimming Lessons, Massage, Haircuts, Catering, and let's see what else you can come up with!

Description of Auction Item: \_\_\_\_\_

Donor: \_\_\_\_\_ Contact name: \_\_\_\_\_

Restrictions and limitations: \_\_\_\_\_ Est. value: \$ \_\_\_\_\_ Valid until: \_\_\_\_\_

Supporters will be acknowledged on a special page on our website and on a plaque posted at the The Center for Yoga.

- Please list my name or business as \_\_\_\_\_  
 Please make my acknowledgement in memory of: \_\_\_\_\_  
 No acknowledgment is necessary \_\_\_\_\_

*Yes,* I am addressing the envelope to: **The Center For Yoga of Seattle**  
2261 N.E. 65th St., Seattle, WA 98115-7066

Enclosed is my check in the amount of: \$ \_\_\_\_\_

Please charge my  Visa  Mastercard  Discover or  American Express  
Amount \$ \_\_\_\_\_ Card # \_\_\_\_\_ Expiration date \_\_\_\_\_

**Please return this form by February 15, 2008**

**Questions? Call The Center For Yoga of Seattle at 206-526-9642 or email at [info@yogaseattle.com](mailto:info@yogaseattle.com)**