



## Action on Addiction's Yoga Week 2009

Sunday 27<sup>th</sup> September–Sunday 4<sup>th</sup> October 2009



Action on Addiction are looking for people to take part in a very exciting event – **Yoga Week 2009**, which will raise vital funds for our research, treatment and training programmes, whilst encouraging people to get active against addiction and promoting a healthy body and mind.

### Find out inside how to:

- Take part in our **Yoga Week 2009** by organising your own yoga fundraiser
- Take part in the **Yogathon on Sunday 27<sup>th</sup> September** at the Alchemy Centre in London – the launch event for Action on Addiction's Yoga Week

**It's easy to get involved and the options are limitless,  
so roll out your mat and put Yoga into Action!**



Registered charity number: 1117988



## Organise your own yoga event during Yoga Week 2009

Sunday 27<sup>th</sup> September – Sunday 4<sup>th</sup> October 2009

We are asking all yoga fans from schools, gyms, yoga studios, universities and companies nationwide to get involved with our Yoga Week 2009 by organising a fundraising event of your own. Be creative, the possibilities are limitless!

Ideas for your own  
event

- Host your own sun salutation **Yogathon challenge**
- Organise a yoga class or ask your yoga class if they will donate the proceeds to Action on Addiction
- Ask your local gym if they will donate the proceeds of one/ some of their yoga classes to Action on Addiction
- Invite friends over for a yoga night to do a yoga DVD and donate £10 each to Action on Addiction
- Organise a yoga class for your local school or work place and donate the cost of the class to Action on Addiction/or £10 each.
- Have a yoga day at your school
- Take the opportunity on a nice sunny day to have a yoga session with friends in the park in aid of Action on Addiction – maybe before work if you're feeling energetic!

*If you need help with how to put on any of the above events, or just want to share an idea, please contact Helen Lawrence at Action on Addiction: Tel: 020 7793 1011; Email: [helen.lawrence@actiononaddiction.org.uk](mailto:helen.lawrence@actiononaddiction.org.uk)*

**Sponsorship:** We will provide you with a comprehensive fundraising pack, with sponsorship forms and all the information you will need, along with the support of a friendly events team to answer any questions you might have.

**To register your Yoga Week 2009 event: simply complete the pink registration form and send back** to Helen Lawrence at Action on Addiction either by post, email or fax (see details on back page).

## Take part in Action on Addiction's Yogathon On Sunday 27<sup>th</sup> September 2009

Action on Addiction will be hosting a fun Yogathon challenge at the Alchemy Centre in Stables Market, Camden [www.alchemythecentre.co.uk](http://www.alchemythecentre.co.uk) to launch Yoga Week 2009 on Sunday 27<sup>th</sup> September. Alchemy have kindly agreed to sponsor the Yogathon so all proceeds will go directly to Action on Addiction.



It's easy to take part in the Yogathon challenge, equipment is provided and no training is necessary. There are Beginner, Intermediate and Advanced Yogathon sessions available so everyone of all ages and abilities are welcome to take part!

**The Challenge:** to perform a number of Sun Salutations according to your ability (20 for beginner, 50 for intermediate, and 75 for advanced ability), during a yoga session of between 1 hour - 1 ½ hours at the Alchemy Centre. Experienced yoga teachers will take each session. *Exact timings of sessions to be confirmed, will take place between 10am and 5pm.*

The Sun Salutation sequence is a series of postures performed in a single graceful flow, building strength and increasing flexibility.



**Sponsorship:** we ask people to raise a minimum of £100, plus a £10 registration fee to sign up. We will provide you with a comprehensive fundraising pack, with sponsorship forms and all the information you will need, along with the support of a friendly events team to answer any questions you might have.

**To sign up for the Yogathon:** simply complete the **green registration form** and send back along with a **£10 registration fee** to Helen Lawrence at Action on Addiction either by post, email or fax (see details on back page).

**"Yoga was the missing link, it enabled me to bring my whole life together. It now enables me to manage my recovery and my life."**  
One of our supporters who is in recovery.

## How to get involved

- To register for your own event fundraiser during Yoga Week, Sunday 27<sup>th</sup> September – Sunday 4<sup>th</sup> October 2009, please complete and return the **pink** registration form.
- Alternatively, to register for Action on Addiction's Yogathon on Sunday 27<sup>th</sup> September 2009 please complete and return the **green** registration form, along with £10 registration fee. *Cheques made payable to Action on Addiction.*
- All applications should be sent to Helen Lawrence either by **post, email or fax. Many thanks.**  
**Action on Addiction, 1 Regent Terrace, Rita Road,  
London, SW8 1AW**  
[helen.lawrence@actiononaddiction.org.uk](mailto:helen.lawrence@actiononaddiction.org.uk)  
**Tel: 020 7793 1011; Fax: 020 7793 8549**

Please note that by completing this form you are agreeing that you will take part in the Yogathon or hold a Yoga Week event for Action on Addiction and that all proceeds will be forwarded to the charity.

## Why support Action on Addiction?

1 in 3 people in the UK suffer from an addiction; it is the biggest preventable killer breaking up families, damaging communities and in some way touching us all.

Action on Addiction is a unique charity that encompasses groundbreaking research, residential and structured day treatment, family support, vocational work skills training as well as professional education and training.

Yoga has qualities which have been extremely beneficial to individuals in recovery, because it creates a feeling of being in control of mind and body, gives structure to daily life and provides inner peace and strength.

For more information visit [www.actiononaddiction.org.uk](http://www.actiononaddiction.org.uk)

**"I have been involved with Action on Addiction for 10 years. It is one of the best charities that you could possibly give your money to. Addiction affects all of us."**

Vicky, Fundraiser

# PINK REGISTRATION FORM

For organising own yoga event during  
Action on Addiction's Yoga Week 2009



(Sunday 27<sup>th</sup> September – Sunday 4<sup>th</sup> October 2009)

We are delighted that you would like to register your own yoga event during  
Yoga Week 2009 for Action on Addiction.

To register your event please complete and return this form to Helen Lawrence, either by  
post, email or fax. Many thanks. Once you are registered you will receive  
a sponsorship pack.

Action on Addiction, 1 Regent Terrace, Rita Road, London SW8 1AW  
[helen.lawrence@actiononaddiction.org.uk](mailto:helen.lawrence@actiononaddiction.org.uk)  
Fax: 020 7793 8549

Please note that by completing this form you are agreeing that you will hold a Yoga Week event  
for Action on Addiction and that all the proceeds will be forwarded to the charity.

Organisers Name:..... Date of birth: .../.../....

Address: .....

.....Postcode: .....

Daytime telephone number: .....

Evening telephone number: .....

Email address: .....

When will your event take place? ...../...../.....

What is your yoga event? (please describe) .....

.....

.....

Where will your event take place?.....

We look forward to hearing from you and hope that you will join us in  
putting Yoga into Action!



# GREEN REGISTRATION FORM

For Action on Addiction's Yogathon

(Alchemy Centre, Sunday 27<sup>th</sup> September 2009)

We are delighted that you would like to register for Action on Addiction's Yogathon on  
Sunday 27<sup>th</sup> September at the Alchemy Centre in Camden.

To secure your place please complete and return this form to Helen Lawrence, along  
with a £10 registration fee (cheques made payable to Action on Addiction) either by post,  
email or fax. Many thanks. Once you are registered you will receive your sponsorship  
pack and t-shirt.

Action on Addiction, 1 Regent Terrace, Rita Road, London SW8 1AW  
[helen.lawrence@actiononaddiction.org.uk](mailto:helen.lawrence@actiononaddiction.org.uk)  
Fax: 020 7793 8549

Please note that by completing this form you are agreeing that you will take part in Action on  
Addiction's Yogathon, pledging to raise a minimum sponsorship of £100, which will be  
forwarded to the charity.

Participant Name:..... Date of birth: ...../...../.....

Address: .....

.....

.....Postcode: .....

Daytime telephone number: .....

Evening telephone number: .....

Email address: .....

Yoga Ability Level (please specify): Beginner [ ] Intermediate [ ] Advanced [ ]

T-shirt Size: Small [ ] Medium [ ] Large [ ] Extra-Large [ ]

We look forward to hearing from you and hope that you will join us in  
putting Yoga into Action!

