

# semperviva presents



## Global Mala Yoga for Peace

Cross the borders of your mat, style and form of yoga.  
Be a part of the Global Mala Project for Peace.

Celebrate UN International Peace Day in union with thousands of fellow yogis from around the globe. Inspired by Shiva Rea, the Global Mala project will create a 'mala around the earth' through collective yoga practices all based on the sacred cycle of 108.

Composed of 108 beads, the mala is symbolic of the prayer for peace, hope and charity the Global Mala Project will be sending to the world.

"With the rising threat of Global Warming, the illusion of separateness is dissolving around the world," said Shiva Rea, world renowned Yoga teacher and catalyst for the Global Mala Project. "Yoga is one of the few common denominators for millions of people around the world; together we are creating a circle around the earth and dedicating our energy to peace."

This class is by donation. All proceeds go to support War Child, a non profit organization, that helps raise awareness and support of war affected children globally.

**When:** Sunday, September 20<sup>th</sup>

**Class Time:** 11:15am-1:03pm (108 minutes)

**Where:** City Centre

**Style of Yoga Offered:** Yin, Hatha, Vinyasa Power Flow, Kundalini and Yoga Dance

**Cost:** By donation. All proceeds go to support War Child



more info/ registration: 604-739-2009 | [semperviva.com](http://semperviva.com)