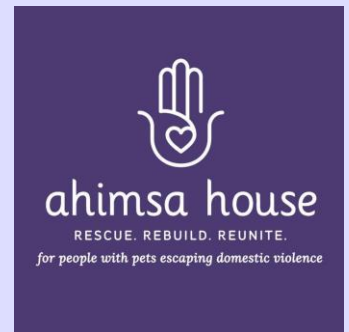


As you all know, YogaFit is deeply rooted in giving back to our communities. We require all Level 1 trainees to complete 8-hours of community service. Our Founder, Beth Shaw is motivated to create positive change to the local communities where YogaFit travels.

We are excited to announce a *karma yoga*, selfless service, fundraiser that [YogaFit](#) will be hosting during our upcoming Mind Body Fitness Conference in Atlanta, GA. YogaFit Founder, [Beth Shaw](#), has teamed up with [Ahimsa House](#) to deliver an energizing evening class for our attendees and guests, along with a donation/drive for the shelter.

Ahimsa House is Georgia's first and only nonprofit solely dedicated to addressing the link between domestic violence and animal cruelty. Anywhere in Georgia and at no charge, Ahimsa House provides emergency pet safe-housing, veterinary care, pet-related safety planning, legal advocacy, a 24-hour crisis line, outreach programs, and other services to help the human and animal victims of domestic violence reach safety together. Ahimsa House serves all victims of domestic violence regardless of sex, race, ethnicity, sexual orientation, age, religion, or immigration status as well as all pets regardless of species or breed.

With a staff of only 5, Ahimsa House heavily relies on the support of their community to keep the program going. There are several ongoing volunteer and donor opportunities available to supporters in Georgia and throughout the nation. Visit [www.ahimsahouse.org](http://www.ahimsahouse.org) for more information.



**This event is open to the public, and ALL are welcome.**

**We are excited to flow with you soon!**

#### **Fundraiser Details**

**When:** Thursday, September 21<sup>st</sup> from 6:10 – 7:25 pm

**Location:** [Hyatt Regency Atlanta](#) | [265 Peachtree Street NE Atlanta, GA 30303](#) | Piedmont ballroom

**Class:** YogaFit Founder, [Beth Shaw](#), will teach a 75-minute YogaFit Mixed Level Class

**Cost:** Free\*\*\* *Suggested Donation of \$20 or items listed below are welcome!*

[How can we help?](#)

[Amazon Wish List of supplies](#) (see next page for additional supply needs)

**For questions or more information please contact [mbf@yogafit.com](mailto:mbf@yogafit.com)**



## Current Supply Needs List

### Gift Cards:

- Gas Cards for pet transportation/outreach vehicle we won in the Toyota 100 Cars for Good Contest
- General Retailers (Target, Wal-Mart, Amazon, Office Depot, Home Depot)
- Pet Supply stores (PetSmart, PetCo, 1800 PetMeds)
- Ikea
- Other Retailers (any amount) that we can use as incentives/prizes are our outreach events & fundraisers



### Miscellaneous:

- Rolling suitcase or rolling duffel (large) for outreach materials
- Tent canopies (with our logo would be a bonus!) for outreach events
- Sponsor a 10-hour crisis line volunteer training; donate food and refreshments for volunteers

### Office Supplies:

- Printer cartridges – HP LaserJet 53A, Canon 240 & 241, HP Laser Jet 305A, and Lexmark X264
- Paper shredder
- First-Class stamps
- Thank You cards
- Blank greeting cards
- Cell phones for our phone donation program (any model, any condition, working or not)
- Computer speakers

### Paper Products:

- Copy paper
- Paper towels
- Toilet paper

### Pet Supplies:

- Folding wire crates (all sizes needed)
- UNOPENED Allergy-free food (wheat free, chicken free)
- UNOPENED pet food
- UNOPENED pet treats
- Break-away collars for cats
- Dog collars (all sizes)
- Non-retractable 6-foot dog leashes (all sizes)
- Heartworm prevention for any size dog
- Flea prevention for dogs and cats (only brands sold by veterinarians)
- E-Collars (all sizes for dogs and cats)
- Low-Jack collars
- Puppy pads
- Litter
- Litter box
- Non-clumping litter
- Litter scoops
- Plastic storage bins must have lid (all sizes)
- Pet grooming wipes
- New cat scratching posts
- Airline approved pet carriers

***For questions or more information please contact [mbf@yogafit.com](mailto:mbf@yogafit.com)***