

YOGA for the cure!



FUNDRAISER

Proceeds will be donated to the Avon Walk for Breast Cancer!

DATE: Sunday, April 10

WHERE: Inner Power Yoga
46090 Lake Center Plz #205
Sterling, VA 20165

TIME: 1pm - 2:30 pm

**** Donation requested**

please make checks payable to Avon Walk for Breast Cancer

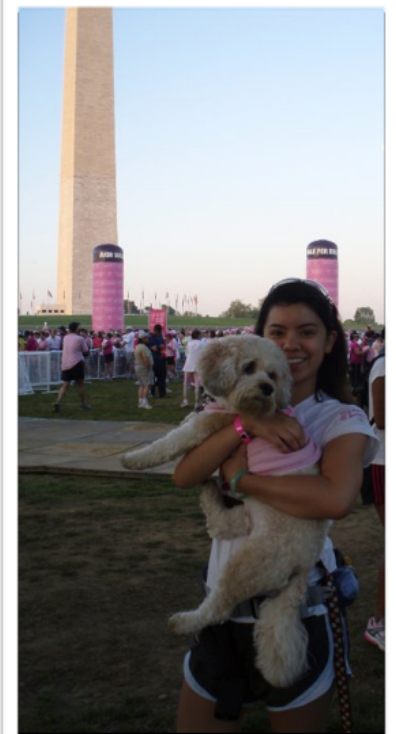


*practice taught by IPY teacher:
Tiffany Coombs*

Fellow IPY yogini, **Sarah Bassett** is a member of Team F.W.I.K and has set a fundraising goal of \$7000 this year! Your donation will help her reach this goal!

ABOUT F.W.I.K (Fabulous Women I Know): We all know fabulous women. They are the strength that keeps us together. They give us shoulders to cry on. They make us laugh so hard it hurts. They give us a sense of peace when a crisis occurs. Yet, the odds are that at least one of these fabulous women will struggle with breast cancer at some point in her life. For 2 days, and 39 miles, we are all walking together toward one goal in the Avon Walk for Breast Cancer. **OVER THE PAST 4 YEARS, TEAM FWIK HAS RAISED OVER \$200,000!**

HOW YOU CAN HELP: Come support our fundraising campaign and the Avon Walk for Breast Cancer on April 10th from 1-2:30p by participating in a Vinyasa Yoga class taught by Inner Power Yoga teacher, Tiffany Coombs! Inner Power Yoga will be donating the proceeds to the Avon Walk for Breast Cancer.



*Sarah Bassett at 2010 DC
Avon Walk for Breast Cancer*



Team F.W.I.K 2010

The Avon Foundation for Women, a 501(c)(3) public charity began the Avon Walk for Breast Cancer in 2003. Funds are managed and distributed by the Avon Foundation. Grants are awarded to local, regional and national breast cancer organizations to support five areas of the breast cancer cause, including: awareness and education; screening and diagnosis; access to treatment; support services; and, scientific research.