

## **MEDIA ADVISORY**

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## **5th Annual DC Global Mala Project – Sunday, September 18**

**WASHINGTON, DC** — On Sunday, September 18, DC yogis and activists of all traditions will gather in Meridian Hill Park for a collective practice to raise funds and awareness for Anahata Grace, a DC non-profit that works to share the benefits of yoga and holistic wellness services with vulnerable communities locally and abroad. This will be the 5th anniversary of the DC Global Mala Project, which is one in a series of events taking place across the world in honor of the UN International Day of Peace, the Fall Equinox, and ten years of healing since the events of September 11, 2001.

### **ABOUT THE EVENT**

Hundreds of participants are expected to gather for the day's events, which will take place in Meridian Hill Park and the nearby Josephine Butler Parks Center. Registration begins at 2pm, followed by:

2:30-3:30pm – Dharma Talk and Meditation with senior Insight Meditation Community of Washington teacher Jonathan Foust (Grand Ballroom of the Josephine Butler Parks Center)

3:30-4pm – Fundamentals Clinic for first time practitioners (Upper level of Meridian Hill Park)

4-5:30pm – **Core practice of 108 Sun Salutations** – set to live drumming by the DC Drum Circle (Upper level of Meridian Hill Park)

Prominent DC teachers from studios across the capital will come together to lead this practice, including Leah Barr, Colin Brightfield, HawaH, Jessica Lazar, Greg Marzullo, and Alex Paraskevas, as well as Anahata founder Angela Cerkevich.

### **ABOUT THE BENEFICIARY**

Anahata Grace's programs are based on their mission to empower people to work through trauma and improve their quality of life—removing barriers to holistic wellness tools that exist where those services are most needed, both locally and internationally.

Money raised from this event will be used to fund ongoing projects in Washington, DC, as well as an upcoming project in Ramallah, Palestine. In partnership with [Farashe Yoga](#), a nonprofit yoga studio serving the local community in Ramallah, Anahata Grace will provide a teacher training program to increase resources and establish new and expanded yoga-based wellness programs to area schools, community centers, and refugee camps.

### **DC Mala and the Annual Global Mala History and Background**

Since its inception in 2006, the DC Global Mala has become one of the largest in the world and raised over \$50,000 through the support of sponsors and participants over the years. Similar events in more than 200 cities around the world will unite the global yoga community in September—which is also National Yoga month—to raise awareness and support for some of the most pressing issues facing the world today. One such event will be held by Farashe Yoga Center in Ramallah in support of their upcoming teacher training project with Anahata Grace.

“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” said Shiva Rea, world-renowned yoga teacher and catalyst for the Global Mala Project.

Composed of 108 beads, the mala, or sacred garland, is symbolic of the prayer for peace, hope and charity the Global Mala Project aims to send to the world.

Information and tickets to the event available at <http://www.anahatainternational.org/index.php/dc-global-mala/>