

YOGA FOR LIV MAY 22, 2010 WESTFORD ACADEMY 11:30 AM - 2:30 PM



To join: go to event "YOGA FOR LIV" on facebook and friend & message either Nicole Kibblehouse, Jill Toney, or Sue Pentland

We ask that you collect pledges to support the Live for Liv Foundation established to support Jody Marchand during her road to recovery, a victim of domestic violence, was shot on February 1, 2010 in her home by her husband who also shot and killed his daughter Olivia. (aka Liv) This fund was also established with the intention of creating an organization in memory of Liv continuing her love of the outdoors, nature, gardening and cooking. Make checks payable to Live for Liv Foundation. If you have any questions email Jill Toney at missjillt@earthlink.com.

If you cannot participate in this event and would like to make a donation directly send to: Live for Liv Foundation, 235 Littleton Road, Westford, MA 01886.

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Things to know before arriving: Eat 2 hours before coming, hydrate, bring a towel. Water, mat, strap and block will be provided.

Schedule: 11:30 am: Arrive at Westford Academy. Sign in and turn in offline donations you have collected.

12:00 pm: Yoga for Liv begins.

2:00 pm: Complimentary food and drink. Pull grab bag winners.

