

FOR IMMEDIATE RELEASE:

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Community Gathers to Promote Peace, Health, and Well-being

Frank H. Ogawa Plaza in downtown Oakland is ground zero for local community transformation. On Saturday September 9, 2006, Yoga For Peace, Niroga Institute, and East Bay Community Mediation are joining forces to increase local awareness and support for programs helping to heal our fractured communities by teaching them tools to help themselves, giving a hand-up instead of a hand-out. Similar events will take place in San Francisco, New York, Boston, Maui, Germany, New Zealand, Sweden and Dubai.

Yoga for Peace started in Battery Park in NYC as a response to the tragic events of 9/11. In order to continue to promote and cultivate peace, more than 500 yoga mats will be rolled out in front of City Hall to perform an action for peace in Oakland. On September 9th at Noon, participants will gather to do 108 Sun Salutations, a traditional yoga sequence, led by the silent supervision of respected yoga teachers from the Bay Area and beyond. Refreshments will be available throughout the day. The three hours of yoga will open with Indian Classical music for mindfulness, and close with a 90 minute concert featuring local musicians Phoenix and After Buffalo. The City of Oakland, ClifBar, Lululemon, Peet's Coffee, Waste Management, and others are sponsoring the event. Proceeds from the event are tax-deductible and will go to support Niroga Institute and East Bay Community Mediation programs. These two groups are active in transforming the Bay Area by providing life skills to help the most underserved communities.

Niroga Institute (www.niroga.org) is dedicated to providing life skills to at-risk and underserved individuals and families through Yoga. With more than 35 Certified Yoga Teachers in their Yoga Corps™, Niroga reaches out to over four hundred people a week, including homeless, delinquent and incarcerated youth, families in transition, addicts in rehab and recovery, patients suffering from chronic and life threatening illnesses as well as seniors. Niroga's programs facilitate self-transformation by enhancing self-control and self-awareness, stress resilience and anger management - peace within leading to universal peace.

East Bay Community Mediation (www.ebcm.org) promotes dialogue and peaceful resolution of conflict for and among neighbors, families, organizations, and schools by using trained community volunteers to provide and teach the skills of mediation, facilitation and collaborative problem-solving.

Yoga for Peace (www.yoga-for-peace.org) offers ways to reduce stress and enhance mental, physical & spiritual well being for young and old, developing methods to discover our own inner peace. Our hope is to raise awareness that in order to heal the world, we need to start within ourselves by developing compassion, tolerance, respect, non-violence and love, towards ourselves and fellow human beings and nature.

For more information, please contact Kriz Bell at 510-965-0476 or visit www.yoga4peaceoak.org