

Needs

- o Parents/kids' help in TeenKula Awareness campaign
- o Parents getting a group of teens together in their homes
- o TeenKula Kookie Klatch to meet new teens, question and answer sessions involving our Teenkula teens to help get new teens/kids involved. (teenkula will supply the kookies)



Assisting in TEENKULA Idol Event (February)

- o Assist Barbara with coordinating idol event
- o event site (preferably a school auditorium)
- o press release
- o flyers
- o email blasts
- o creating cd to sell at event (during last rehearsal)
- o equipment
- o photographer
- o videographer
- o getting talent to audition
- o sponsors
- o artwork (for flyers)
- o creating tickets
- o selling tickets
- o judges
- o prizes for winners
- o certificates for all participants
- o professional talent
- o ushers
- o fundraising opportunities (selling Teenkula items, bake sale, etc)



ALL HELP IS GRATEFULLY APPRECIATED ! =)

please visit us online:
www.kulaforkarma.org



Kula for Karma's Teenkula
Kulaforkarma.org/getinvolved-teenkula
contact: Barbara Infeld 201-394-3060
binfeld@optonline.net



Our Mission

TEENKULA's Mission is to reach out to the "KULA" or community for help in providing "KARMA" or selfless service to children and teens in need. Through outreach and collaboration, we work to raise awareness for Kula for Karma's yoga programs serving children with autism/special needs, children and teens with cancer and at-risk youth.



TEENKULA is inspiring teens who want to make a difference in the lives of their fellow youth. During monthly meetings, which are run by the teens, they discuss ways they can share their talents and gifts to help others. This is also where the teens get to plan yearly events, discuss yoga classes, and most importantly, map out ways to raise awareness within communities.



Events

In just one year, TEENKULA raised \$15,000. These events, starting in 2009 through 2010, included an Open Mic Nite at Starbucks in Midland Park, NJ and a Wellness Walk in Franklin Lakes, NJ. The walk was organized with the Mayor of Franklin Lakes as a part of her Wellness Campaign. In addition, TEENKULA worked hand in hand with **Kula for Karma** on their fundraising projects. TEENKULA teens assisted yoga classes designed for children with Autism.



Future

TEENKULA'S goal is to raise awareness and spread our karma throughout different communities. The next fundraising event will be held in early 2011, called the TEENKULA IDOL show. We encourage all teens to audition and participate in front, and behind the scenes. There will be TEENKULA items for sale, as well as a bake sale and other fun activities.



Volunteer Sign Up Sheet

Name:

Address:

Phone Number:

Email Address:

Do you have any suggestions to benefit TEENKULA?

Please check off how you would like to contribute on the back page.



For more information please visit us online:
Kulaforkarma.org/getinvolved-teenkula
Or contact: Barbara Infeld 201-394-3060
binfeld@optonline.net