



***Dear Friends! We are in desperate need of donations!!  
Within the last few months we have increased  
our services so much that we are out of yoga mats!!  
We are so blessed to be so busy!!  
Help us to continue to help others!!!***



**To remind you & others of who we are.....**

Our mission is to offer yoga, at no charge, to those who have been challenged by difficult circumstances, such as illness, abuse, and addiction. Our services are offered with our hearts and minds open and focus on uplifting the human spirit while cherishing the dignity and uniqueness of each individual. The goal of Karma, or selfless service, is to enhance the lives of those who are in need of spiritual healing by providing peace, love, and compassion.

**So please donate gently-used or new yoga props:  
mats, belts, blocks, eye pillows**

**Or**

**Organize a donation drive within your studio,  
community, school, or group**

Every donation is used to offer the healing benefits of yoga to the following populations, in the New York Metropolitan area, *at no charge*:

- Children with autism, and other developmental challenges
- At-risk children and teens
- Men and women with HIV/AIDS
- Domestic violence survivors
- Wounded combat veterans
- Seniors
- Homeless women and children

If you can help, please contact us today!

Email: [info@kulaforkarma.org](mailto:info@kulaforkarma.org) or Call toll-free: (888) K4K-YOGA (545-9642)

For more information, visit us online: [www.kulaforkarma.org](http://www.kulaforkarma.org)

**Kula for Karma  
Caring for one another -- mind, body and soul**