



kiss my asana® YOGATHON

Hello friend,

Did you know that more than 1 in 4 adults living in the US have some disability? The number soars to 1.3 Billion worldwide. Mind Body Solutions (MBS) - a nonprofit organization near and dear to my heart -- helps create real change for this chronically underserved and often isolated demographic.

Through no-cost online offerings, MBS shares life-enriching mind-body practices. They help people achieve greater ease in their bodies, find increased strength and flexibility, and help manage chronic pain.

MBS' unique, life-affirming community offers a **free and welcoming place** for people to connect with others - in real-time - 7 days a week. Where students find company with others who understand what it's like to live with the often invisible (and not-so-invisible) daily demands of living with a disability.

Since 2013, yogis worldwide have united for our "Kiss My Asana Yogathon" -- a dedicated week to practice yoga and meditation with a specific purpose: to raise awareness and vital resources for the non-profit programs at Mind Body Solutions. We "yogathon" to ensure this groundbreaking work continues to be offered freely.

Your support, in any amount, helps us provide these life-affirming spaces for people living with trauma, loss, and disability, everywhere.

Thank you!

mindbody
SOLUTIONS

A 501 (c)3 Non Profit

