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### **Barnardos Australia salutes Yoga Aid 2008**

A team from child welfare charity, Barnardos Australia will join yoga leaders, enthusiasts and celebrity yogis at the base of the Fleet Steps in the Royal Botanical Gardens, Sydney at sunrise, 6:30am Wednesday 22<sup>nd</sup> October, to salute the sun for charity at Yoga Aid 2008.

The Yoga Aid Challenge promotes the awareness of yoga in the community whilst raising money for local charities. Now in its second year, the Yoga Aid Australian Challenge expects to attract 2000 yogis and raise \$250 000 for charities such as Barnardos Australia.

To complete the challenge, participants will perform 108 sun salutations in two hours and personally raise funds for their chosen charity.

"We would like to thank Yoga Aid for again choosing Barnardos as a beneficiary of this unique event," said Bill Petch, Marketing Manager of Barnardos Australia. "Last year was grueling but rewarding, and the funds raised helped give some of Australia's most disadvantaged children a brighter future."

"Every two minutes or the equivalent of two sun salutations, an Australian child is reported as neglected or abused," added Petch. "If no-one provides these children with the basic protection they need, how can they grow up to reach their full potential? At Barnardos we believe that every child deserves a childhood."

To register for Yoga Aid 2008 visit [www.YogaAid.com.au](http://www.YogaAid.com.au).

By participating in Yoga Aid 2008 and registering to support Barnardos Australia, yogis can help raise much needed funds to continue with the delivery of welfare programs directly aimed at protecting Australia's most vulnerable children.

Due to the success of the initial Australian events, the enjoyment of participation and the wonderful global yoga community, Yoga Aid has expanded the events internationally with events taking place in America, Japan, India, Hong Kong and the UK.

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**For more information contact Emma Lipscombe, PR & Events Officer at Barnardos on 0412 468921 or email [events@barnardos.org.au](mailto:events@barnardos.org.au).**

#### **Notes for editors:**

Barnardos Australia is a non-government, non-denominational child welfare charity that has been helping children in need for over 120 years.

Barnardos is one of the largest children's charities in Australia, caring for children at risk of abuse and neglect. The work of Barnardos Australia focuses on the prevention of abuse and entry into care. Children of all backgrounds and cultural heritage are helped through a range of welfare programs including crisis care, family support, counselling and permanent foster care.

Barnardos' vision is that all children and young people will have caring families, in which they can grow up safely and reach their full potential supported by quality services and engaged communities.

For more information visit: [www.barnardos.org.au](http://www.barnardos.org.au).