



A Yoga Fundraiser for:

# The Leukemia & Lymphoma Society

with Cheryl Fenner Brown & Roderick Reyes



Friday, May 1<sup>st</sup> 2009 ♦ 6:00 - 8:00 pm

\$20 suggested donation ♦ Studio 1

Join Cheryl Fenner Brown & Roderick Reyes for a yoga fundraising event to benefit the Leukemia & Lymphoma Society (LLS), to raise funds for the LLS Team in Training® which fights to help stop leukemia, lymphoma, Hodgkin's lymphoma and myeloma from taking more lives.

This special event, which is graciously being hosted by Piedmont Yoga Studio, will include a yoga class blending active and restorative yoga postures, guided meditation and chanting. After the session, there will be a raffle for prizes such as a series of 4 classes to the Living with Cancer yoga class at PYS, gift certificate to Grand Lake Ace Hardware, Tropix Caribbean Restaurant, Folks Art, EcoMetro Guide, a Yoga Nidra CD, among others. Refreshments will also be served after the class. A minimum donation of \$20 is suggested but no one will be turned away for lack of funds. RSVP with [Roderick.Reyes@gmail.com](mailto:Roderick.Reyes@gmail.com) by 4/29 to reserve your space, payment accepted at the door.

Over the past 20 years, the LLS Team In Training® (TNT) has grown to become an unparalleled sports training program. Proceeds from this event will sponsor Roderick Reyes who is completing the ING Bay to Breakers race as a member of the team. Roderick is running in honor of all individuals who are battling blood cancers, especially for the following honorees:

- **Adrianna Tucker** - 11 years old, battling AML
- **Maddie Badger-Scherer** - 12 years old, battling ALL
- **Louis Lai** - Diagnosed with Multiple Myeloma
- **Matt Parrott** - Diagnosed with B-cell follicular lymphoma
- **Cole Regan** – Died from AML July 2004
- **Brenda Donato** – Died from AML April 2007
- **Stephen Heisler** - Diagnosed with Lymphoma
- **Suzanne H. Spencer** - Died of large-cell (non-Hodgkins) lymphoma in May 1988
- **Nicolas Fong** - 7 yrs old, battling leukemia

If you would like to donate directly to the LLS, please visit their website at [www.lls.org](http://www.lls.org). Their Tax ID number for donations is 13-5644916. You may also visit Roderick's fundraising page at [www.kuyadin.com/tnt](http://www.kuyadin.com/tnt).

Cheryl teaches a weekly class at Piedmont Yoga Studio for people Living with Cancer. (Thursdays, 12:00-1:15 pm). Cheryl encourages her students to honor where they are in their bodies today and use the yoga practice as a way to heal and find ease. For more information, contact her at (510) 290-2641 or [Yoga.Cheryl@yahoo.com](mailto:Yoga.Cheryl@yahoo.com).



Roderick Reyes is a member of the Leukemia & Lymphoma Team in Training® and trains three days a week for the various races he is participating in this year. He finds inspiration and encouragement from his coaches, other team members, and especially the patients who are suffering from blood cancers. Sometimes, his team's honorees (whose names are listed above) show up and participate in training runs. They are the true motivation behind this whole effort. For more information, contact him at (408) 623-7164 or [Roderick.Reyes@gmail.com](mailto:Roderick.Reyes@gmail.com).

