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# Yoga lovers descend on Halifax Common for Sunday stretch

By Ruth Davenport  
Metro Halifax



People perform yoga on the Halifax Common Sunday as part of first annual Yogathon held in several cities across Canada.

Ruth Davenport/Metro

A few dozen local residents flexed, stretched and sedately sweated their way through two hours of philanthropy on the Halifax Common Sunday.

Nearly 40 people turned out for the Art of Living Foundation's first annual Yogathon which was part of a national event that attracted a total of about 600 people in six Canadian cities.

Participants set to out to complete 108 sun salutations, a sequence of 12 yoga movements performed to celebrate the sun, to raise money for the Foundation's Care for Children initiative.

“We really wanted to do it now because there’s so much news about crime and violence,” said Halifax organizer Joanna Bull. “We thought we should get together and bring some peace and a little positivity to the heart of the city.”

Four instructors from various Halifax studios led the crowd through more than two hours of sun salutations to finish – appropriately – under bright sunshine.

“I feel great, surprisingly, I feel really good,” said Dartmouth resident Sandra Gullion, minutes after a final cleansing breath. “This really brings you in as a group, which is nice, because you’re feeding off each other’s energy and the positive energy from the instructors, which is good.”

Bull says organizers are hoping to expand the fundraiser in future, saying it will help foster greater awareness of yoga as a physical activity that’s accessible to everyone – regardless of age or fitness level.

“I know a lot of people who think, ‘Oh, yoga isn’t for me, I can’t do it,’” said Bull. “You see these pictures of people with their feet behind their heads and they’re super skinny, so you think ‘Oh, I definitely can’t do that.’ But we have people here from teenagers all the way up to 66, so it’s letting people see what yoga can be.”

The Care for Children initiative provides educational infrastructure to children in developing countries.

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