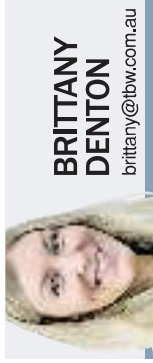


'Yogis' stretch minds for charity

Mount Gambier yoga session raises awareness and money for mental health support group



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AROUND 100 people practised yoga together at the Cave Gardens on Saturday morning to raise awareness for Lifeboat SE.

Beginners and experienced yogis were led by One Yoga and Lifestyle's Julie Denton, completing an impressive 108 sun salutations to celebrate the passing of winter.

Voluntary donations at the free community event raised \$600 for the mental health support group.

"Practising 108 sun salutations is an ancient tradition and linked to Hindu belief that 108 is an auspicious number," Ms Denton explained.

"Anyone was welcome to come along at any time and join in and most people ended up staying for the full hour and a half.

"We thought an outdoor yoga class to celebrate the spring equinox and breaking out of the darkness of winter was the perfect opportunity to promote the wonderful local group Lifeboat."

Lifeboat SE founding member Matthew Brookes said the \$600 donation will help the not-for-profit group support locals in stressful situations.

"This money will allow us to buy someone a massage voucher



YOGA IN THE PARK: Around 100 people practised 108 sun salutations with yoga teacher Julie Denton at the Cave Gardens on Saturday morning. Voluntary

donations at the free community event raised \$600 for Lifeboat SE.

Pictures: BRITTANY DENTON

RAISING AWARENESS: Lifeboat SE founding member Matthew Brookes, One Yoga and Lifestyle teacher Julie Denton and The Junction's Nel Jans at the Cave Gardens on Saturday morning.

