



Movie,

Munch &

Mingle!

**Off the Mat, Into the World harnesses the power of yoga to inspire and support conscious, sustainable activism, and to ignite grassroots social change.**

**We empower people through workshops, community collaborations and local/global service projects.**

Come and share some food and fun with us and talk about things that matter.

Find out what we are doing in your local area and who we are doing it with ... it might be you!

PLEASE RSVP:

Register via [www.qiyoga.net](http://www.qiyoga.net)

For more details contact Sam:

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[www.offthematintotheworld.org.nz](http://www.offthematintotheworld.org.nz)



**What:** Movie, Munch and Mingle with Off the Mat, Into the World . We will be showing 'Yoga Is'

**Where:** Qi Yoga Freshwater - 2 Moore Rd (cnr Albert St) Freshwater

**When:** 7:30pm, Fri 15 May, 2015

**Cost:** \$15. \$5 will be donated to our Global Seva partners, The Hunger Project - [www.thp.org.au](http://www.thp.org.au)



Qi Health & Yoga

*This event is an initiative of Off the Mat Into the World, a global program using the power of yoga to ignite personal and social change.*

**OFF THE MAT INTO THE WORLD**  
AUSTRALIA & NEW ZEALAND