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## **CANNOCK YOGA STUDENTS HELP FEED 1,500 STARVING CHILDREN FOR A DAY**

A group of yoga students in Cannock have helped to raise nearly £600 to help feed starving children in India.

The class is run at Hayes Green Community Centre on Monday evenings by yoga teacher, Sue Tupling. Throughout January, Sue ran the special Yoga classes and sold copies of her own Yoga DVDs to raise around £295 for the Kanya Kitchen project.

Supported by the Satyananda Yoga Centre in Birmingham, the Kanya Kitchen project involves the renovation of a vast warehouse into a dining hall and kitchen to help feed 1,500 impoverished boys and girls. An average meal to feed all the children at the kitchen in Rikkhia consists of rice, vegetables, dahl and poppadoms, and costs between £360 and £1,000.

Sue commented: "In a difficult economic climate it is easy to forget that there are many children in other parts of the world that still do not have enough food to eat. We wanted to do something to help by supporting this project that will see every pound donated benefiting children who have been subjected to absolute poverty."

The local residents who regularly attend the Hayes Green class, were happy to see their £5.50 class fee go towards supporting other communities, and also

gave additional donations towards the cause. In addition, Sue then matched the sum raised with a donation from her own company, Changeworks Communications.

“The yoga class has greatly benefited the local Cannock community,” Sue continued. “And we are passionate about offering support and help to wider communities too.”

“In addition, we plan to run more workshops and special classes to donate to several worthy courses closer to home in Staffordshire in coming months.”

Anyone who would like more information about Sue’s yoga classes or the Kenya Kitchen project or would like to donate, should visit Sue’s yoga website <http://www.myyoga.org.uk/> or the SYC Birmingham site: <http://www.sycbirmingham.com/rikhia-2011.htm> .

**- E N D S -**

Image to support this piece:



Caption: Yoga teacher and Changeworks' MD Sue Tupling (centre) and some of her students in the class

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## **Editor's Notes**

### About Sue Tupling

Sue runs her own business [Changeworks Communications](#) which provides innovative PR and marketing communications for organisations and also helps individuals and companies build resilience and turn stress into a positive force for change. She is an accredited stress management practitioner (ISMA) and also a qualified and experienced business and therapeutic coach. She is a qualified yoga teacher (registered with The British Wheel of Yoga) and has trained with top international yoga teachers, including Tias Little. She is Master Practitioner of the applied psychology of NLP and is also a qualified NLP trainer.

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