



December 2009

We are writing to you on behalf of our teacher and friend, Katherine Banbury. She is about to embark on a life-changing journey; she is going on a pilgrimage to India to study with Russill Paul.

We are asking for your help - can you support Katherine with a contribute to help pay for this journey?

The pilgrimage. On January 9, 2010, Katherine will leave for a one-month pilgrimage to Southern India to study with master teacher Russill Paul. For the past eleven years, Mr. Paul has guided a dedicated group of spiritual seekers on this sacred pilgrimage, designed to expand the mind and open the heart to new horizons in consciousness. Mr. Paul is a native of Southern India who was raised in a Catholic family and spiritually trained in the Christian monastery/ashram where Katherine will be staying. Russill Paul is widely respected for his understanding of Mantra Yoga - India's yogic tradition of sacred sound.

For Katherine, the inter-spirituality of this pilgrimage is of primary importance. Katherine's Catholic upbringing has deeply influenced and informed her work to create the Kula Center for Yoga, where she leads and teaches. Katherine has been practicing and teaching yoga for 20 years. Staying at an ashram founded by a Catholic monk will be coming full circle for Katherine — both a completion and a new beginning. This experience will have a profound impact on our yoga practice at the Kula.

How you can help. Katherine needs funding to help pay for the cost of this trip. Friends and allies have come forward with loans and contributions. The trip costs about \$7,000 in total, and so far we have raised about \$1,450 through donations and fund-raising events. We have secured loans for the remaining amount. We are looking for your help to raise the remaining \$5,550.

You can make a donation using the enclosed donation card and envelope. You can also contribute online, via the Kula Website, through PayPal. There is also an option to spread payments out over time if you use the Paypal option. To use PayPal, follow the links on this page: <http://www.kulacenter.com/india>

Before she leaves, we will host an Indian Dinner on January 3rd (Katherine's Birthday) and Grand Sendoff Event on January 8th. We hope you can attend one or both of these fundraising events! Check the enclosed invites for details.

You can find out more about the pilgrimage and fundraising efforts here: <http://www.kulacenter.com/india>

Thank you for considering this proposal! A pilgrimage is begun in a state of faith without clear assurance of where it will ultimately lead. Such faith is a gift to the soul and to the world. As you give what you are able, know that you are giving a deeper gift. May you feel the blessings of that giving and be supported in your own journeys.

Thank you,
The India Pilgrimage Fundraising Committee