

Here's how *you* can help support the Downtown Women's Center:

1) **Cash, check or credit card donations** can be made directly to the Downtown Women's Center by going to www.DWCweb.org

OR at the front desk at Black Dog Yoga. 100% of all funds donated will go directly to the DWC.

2) We are collecting items from the **DWC's Holiday Wish List**.

- Backpack / Messenger Bag
- Flashlights with Batteries
- Reading Glasses (in assorted strengths)
- Towel Sets (bath, hand and washcloth)
- \$5 Gift Cards to local grocery and drugstores or Amazon.com

3) Jeweler and artist Hillary Heydle has teamed up with Black Dog Yoga and created a **SPECIAL DWC wrap charm bracelet**. We are selling them in the store at BDY and 100% of sales will go to the Women's Center. They are REALLY beautiful, see image below!

4) **Black Dog Yoga Cooks at the DWC** - We are organizing special Black Dog Yoga Cooking nights at the DWC where a group of us will go to the DWC and we will be preparing an evening meal for 140-200 hungry and homeless women on skid row. It is a great opportunity for us to give back in a personal and direct way. If you are interested in joining us and cooking with us, please email Rose at rose@blackdogyoga.com

QUOTE FROM HILLARY:

"Everything we wear tells a story about us. A unique story, layered with emotion and history. My passion is to make beautiful jewelry to protect and adorn. Worn alone or in multiple layers, my jewelry will help you to tell your personal story. It can bring you comfort and it will surely add some elegance to your daily life. Each piece is made using hand-selected gemstones and individually handcrafted fine silver, and/or gold and bronze charms. I am drawn to the natural energy of gemstones, and am always interested in their healing properties. I am inspired by art and nature in the creation of my charms and amulets. I also find I am creating my jewelry with more intention and purpose. I want my charms to hold significance, protection and possibility for the wearer. Each piece is made with love, carefully and individually. I hope you find pieces that will help you tell your story. "Last March after the devastating earthquake and tsunami in Japan, I was inspired to make a lotus blossom charm that threaded on these beautiful hand dyed silk wraps. 100% of the proceeds went to buy a Shelter Box to help the victims in Japan. It was such an amazing accomplishment, family and friends near and far spread the word and started wearing the beautiful and significant wraps. I discovered firsthand how excited people were to help and that so many like that their shopping was more than just retail therapy. I have recently designed a tree of life charm that threads on silk as fundraising for The Downtown Women's Center. I am so excited to be working with Black Dog to give support in our local community." - Hillary Heydle

