



The SEAN O'SHEA FOUNDATION

Newsletter

A Letter from the President



In November we celebrated the Foundations one year anniversary. It has been a busy and successful year with teacher trainings, fundraisers, foundation programs and introducing yoga to over 300 at-risk children. In

2008 we provided the foundation program to 10 schools and raised enough funds to introduce over 1000 more students in 2009.

Presently we are preparing to introduce the foundation program to over 400 new students for this spring. Some of our students will be repeat students and participate as yogi mentors for their classmates who are new to yoga.

Recently we have been in contact with programs partnering with Children's Hospital as well as working with children with autism. Slowly we are expanding and reaching many different areas and organizations that seek out and desire our program for their children.

All this could not be possible without the help of the Friends of the Foundation.

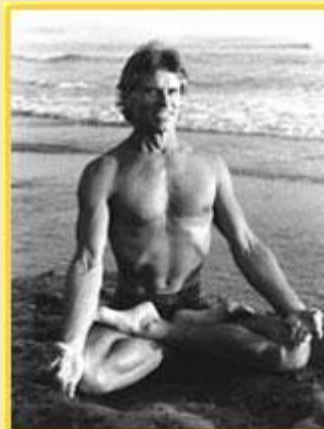
We have been blessed with many supporters and volunteers as well as loyal and dedicated Committee members, chairmen of the committees and Board of Directors. Special thanks to our financial supporters like Mr. & Mrs. Michael Rochester, Mr. & Mrs. David De Silva, Monica Szepesy, Mr. & Mrs. Sean Hernandez, Dr. & Mrs. DeFlice, Mr. Jake Murdock, Mr. David Lakin, Mr. Rich McGowan, Mr. Tim Miller, Mr. Mike Hannum, Ms. Erin Englebrecht, Mr. Greg Nolan, Mr. & Mrs. George Missalidis and so many,

In This Issue

A Letter From the President
2nd Annual Sun Salutations
The Heroic Journey with Tim Miller
Join the SOS Foundation

The Heroic Journey

A Workshop to Benefit the Sean O'Shea
Foundation
with
Tim Miller



This is a rare opportunity and a highly recommended workshop. As we begin a new year we are faced with monumental challenges at a personal, national, and global level. How will we respond to these challenges?

Using techniques of asana, pranayama, and mantra we will rekindle the sacred fire to penetrate the layers of self, awaken the hero within each of us, and begin the New Year with a greater sense of purity, clarity, intelligence, adaptability, valor, calmness and

many more.

We ask for your continued support for 2009 and hope to see you at our upcoming events and fundraisers. As Friends of the Foundation...we ask that you tell your friends and family about The Sean O'Shea Foundation and help us gain more supporters for Sean's vision for the youth of our communities.

The greatest good you can do for another is not just share your riches, but reveal to them their own".

-Benjamin Disraeli-

Thank you for your past, present and future support,
Gloria O'Shea

THE O'SHEA FAMILY AND FRIENDS RECENTLY COMPLETED THE 2ND ANNUAL SOS FOUNDATION 108 SUN SALUTATIONS FUNDRAISER



Keegan O'Shea participating in his first 108 Sun Salutations

Picture by Samantha O'Shea

Recently we participated in the 2nd annual 108 Sun Salutations on December 21st...this is one of our big fundraisers of the year. Sean's parents, immediate family and close friends met at the Four Seasons Yoga studio in La Jolla to support each other while attempting 108 sun salutations. We do this during a special yet very difficult time of the year. Sean's birth date was December 22nd, Christmas on December 25th and the anniversary of Sean's accident on December 28th.

This event has become a very moving experience for all participating and this year we had a new family member participate, Liam "Keegan" O'Shea, oldest nephew of Sean O'Shea. Recently Keegan (10 years old) took a Sean O'Shea Foundation application to his school...two weeks later the foundation was teaching yoga to San Luis Rey 5th graders, including Keegan and his younger brother Aidan. Keegan completed his foundation seven week program in early December and insisted he could do the 108 with his grandparents and family. He not only participated but completed all 108 in fabulous form...Grandma and Grandpa were very proud of him.

Now here comes the toughest part of this event...collecting pledges for the foundation. To participate and pledge per salutation or donate a flat rate you can send a check made out to "Sean

devotion.

Saturday, Jan. 17, 2009

2 - 5pm

\$60 cash or check only

Please make checks payable to: The Sean O'Shea Foundation

Register at the Ashtanga Yoga Center
All levels welcome

All proceeds go to the Sean O'Shea Foundation
A 501c3 Non Profit Organization serving the youth of our communities
www.seanosheafoundation.org

Special thanks to Tim Miller and the Ashtanga Yoga Center for their support to the Sean O'Shea Foundation and the youth of our communities.

[Join Our Mailing List!](#)

Quick Links

[The SOS Foundation](#)
[El O'ero Restaurant](#)

Join the SOS Foundation



Yoga

Teacher Assistants Needed -

The Sean O'Shea Foundation is looking for yogis who would like to volunteer one hour per week at the participating school of your choice. Be a yoga mentor to youth ages 10-17, assist a yoga teacher, help make a positive difference in a child's life...

Email namaste@seanosheafoundation.org to sign up to be a volunteer and friend of the foundation.

Yoga Teachers for the North County area are needed -

If you are a certified, experienced yoga teacher and would enjoy teaching yoga to youth, you can apply to be a Sean O'Shea Foundation Yoga Teacher.

Applications are available at www.seanosheafoundation.org

O'Shea Foundation" to 3397 Hollowtree Drive,
Oceanside, Ca 92058 or go to
www.seanosheafoundation.org and click on donate.
There you can pay through PayPal.

We hope to continue this annual event in the years
to come and we hope you continue to make this
your annual giving for the Sean O'Shea Foundation
and the children of our communities.

Email Marketing by

