



The Sean O'Shea Foundation Newsletter

LETTER FROM THE PRESIDENT



In the last two years I have been so moved by many gestures from family and friends that have shared and given so much to the foundation. I love hearing how some of Sean's students have become certified yoga teachers and every time they

practice...they dedicate it to the beautiful memory of Sean or how some of Sean's students have volunteered with the foundation and assist our yoga teachers. It is also very moving when new supporters offer to help and donate because they really believe the foundation is doing something really good and beneficial for the youth of our communities, but I am really moved when children help children.

Last year I wrote about Bella and Lulu, twins that celebrated their 7th birthday and donated all the birthday money to the foundation. This year Bella and Lulu did it again and more than doubled their gift to the foundation. The girls are now 8 years old and their donation will put over 25 children through our seven week program. "Lulu and Bella, Happy 8th Birthday" and thank you for your generous donation to the Sean O'Shea Foundation...the Board thanks you, our committees thank you and the children of our communities thank you once again.

We have been so busy these past few months and in addition...are offering our first summer program to over 150 students. Make sure to read about the Sean O'Shea college scholarship award created to help low income students at Palomar College and also our big December 108 Sun Salutation fundraiser. Contact Gloria for a pledge sheet today and start collecting pledges.

Remember, September is Yoga month. We plan on having an exhibit at the Global Mala Yoga for Peace event in Los Angeles on September 20th...if you are coming...make sure to drop by and say hi. See below for more information.

In This Issue

- LETTER FROM THE PRESIDENT
- ENCINITAS MAGAZINE
- THE SEAN O'SHEA PALOMAR SCHOLARSHIP
- PACIFIC CREST DONATION YOGA
- PALOMAR COLLEGE ARBORETUM
- UPCOMING EVENTS- YOGA MONTH
- 108 SUN SALUTATIONS
- TEACHER TRAINING
- FACEBOOK

[Join Our Mailing List!](#)

Quick Links

- [Sean O'Shea Foundation](#)
- [Yoga Month](#)
- [Encinitas Magazine](#)

ENCINITAS MAGAZINE



Please make sure to check out the Encinitas magazine summer issue 2009, page 38, there is a wonderful article written by Judd Handler about the Sean O'Shea Foundation. If you are unable to pick up a copy...go to their website at www.encinitasmag.com.

We are always in need of volunteers to assist our yoga teachers or help out with office work. Contact me if you would like to be part of our volunteer team.

Gloria O'Shea
Goya59@yahoo.com

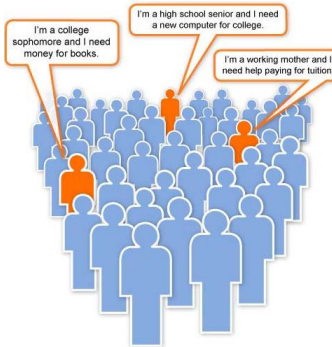
Special thanks to the Encinitas Magazine and Judd Handler for their support.

MATS FOR TEEN PROJECT



The "Mats for Teens" event collected enough donations to purchase nearly 200 new mats for teens participating in the Sean O'Shea Foundation program. The foundation will continue collecting donations for the "Mats for Teens" project since our programs reach out to new students on a regular basis. Special thanks to all those who supported the event on Saturday, May 23rd, 2009.

THE SEAN O'SHEA PALOMAR SCHOLARSHIP



Sean O'Shea was an active and dedicated student while attending Palomar College. Because of his inspiring example and dedication, we will be honoring his life with the Sean O'Shea scholarship award for students in financial need and attending Palomar College.

Come Join us at the home of Mr. & Mrs. Liam O'Shea, parents of the late Sean O'Shea, to celebrate Sean's inspiring life and raise funds for the new Sean O'Shea Scholarship award with a "Kick off Scholarship Benefit".

The Kick off Scholarship event is scheduled for Saturday, August 22, 2009 at 6pm. The address is 3397 Hollowtree Drive in Oceanside. Call to reserve a spot today and please make your check out to the Palomar College Foundation...for the Sean O'Shea Scholarship award.

Contact Gloria O'Shea at (760) 966-0987 or John Valdez at (760) 746-7273 ext 2219 for further information.

PACIFIC CREST DONATION YOGA



Special thanks to Rich McGowan and the Pacific Crest yogis. Every Saturday morning at 8:45am tenants and friends from all around attend the donation yoga at the Pacific Crest apartments. Rich McGowan, one of the teachers from Tim Miller's Ashtanga Yoga Center, teaches the Saturday morning class that is open to the public. Come and join us every Saturday morning on the pool deck that overlooks the surf with a 180-degree ocean view. From Highway 101 turn west on "I" street to the end of the street, Pacific Crest apartments is on the right side. All proceeds go to the Sean O'Shea Foundation.

PALOMAR COLLEGE ARBORETUM



This past year a sculptured chair was designed and created in the Palomar College Arboretum by the Hubbell family. This chair stands next to a large bronze plaque inscribed with Sean's poem, "Life's Cycle".

Next time you are visiting San Marcos...drop by the Palomar College Arboretum and take a stroll through the beautiful grounds, sit in the chair that was created in memory of Sean O'Shea and enjoy reading his beautiful poem "Life's Cycle"

UPCOMING EVENTS- YOGA MONTH



September is National Yoga Month, a time of education, inspiration and awareness of the positive impact of yoga on health. Whether you are trying yoga for the very first time or are an experienced yogi looking to deepen your practice - the Yoga Month Card provides access to free classes. Visit yogamonth.org for more information.



September is National Yoga Month, a time of education, inspiration and awareness of the positive impact of yoga on health. A yoga month card can provide access to free classes. Visit yogamonth.org for more information.

Global Mala yoga for Peace - Los Angeles

Sunday, September 20th, 2009 from 9am - 7pm...free event, by donation only. Join yogis celebrating 108 Sun salutations for all levels from 12 - 4pm. Free yoga classes, exhibits, healthy food and family fun. Go to yogamonth.org/LA for more information

UPCOMING EVENTS- 108 SUN SALUTATIONS - DECEMBER "09"



Once again the parents of the late Sean O'Shea will be honoring their son by participating in 108 Sun Salutations on Sunday, December 20th. This event will be welcoming the first day of winter, Sean's birth date and the upcoming New Year. Pledges collected for this event will be donated to the Sean O'Shea Foundation.

Liam and Gloria would like to ask everyone to participate by donating an amount for every sun salutation they do. Donate 10 cents, 25 cents or one dollar for every sun salutation. "It is not easy for someone our age to do this but this is an important event and fundraiser for the foundation and an old tradition of Sean's. We hope everyone can support us and pledge an amount for the event". This year, anyone donating or collecting \$500 in pledges will receive a foundation t-shirt, and anyone collecting \$1000 in pledges or donations will receive a t-shirt and two invitations to our spring event.

You can also help by collecting pledges from your family, friends, co-workers and fellow yogi's. Contact Gloria O'Shea for a pledge form today at goya59@yahoo.com.

TEACHER TRAINING



We will be having a late summer teacher training soon. Contact Gloria O'Shea if you would like to teach or volunteer for the foundation. All foundation teachers need to complete training each semester.

Note: We are always looking for active yogis to volunteer in the classroom and assist one of our certified yoga teachers. Call today... (760) 966-0987

FACEBOOK - SIGN UP



The Sean O'Shea Foundation now has a facebook account. Please log on and spread the word for all your friends, family and co-workers to join us. List the Sean O'Shea Foundation on your facebook as a favorite non profit and help spread the word.

Website linking

We are asking all our supporters to please link our website to yours. The more the word gets out...the more support the foundation will have. Contact Gloria O'Shea for further information.

Email Marketing by

