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Baal Dan Charities Works with Bikram Yoga to Raise Money

DALLAS (April 6, 2007) – Tanya Pinto, founder of Baal Dan, a nonprofit organization that helps children in need, today announced that she will work with Bikram Yoga Dallas to raise funds. Together they will collect donations to provide food, clothes, medicines and education supplies to children in Calcutta, India, which is the birthplace of Bikram Yoga. Bikram Yoga Dallas is the first and largest Bikram Yoga studio in Dallas.

“This new relationship allows you to make a difference in the lives of these children just by practicing yoga,” said Tanya Pinto, founder of Baal Dan. “This is a unique fundraising opportunity and I am excited to work with Bikram Yoga Dallas.”

Beginning on February 1, 2007, participants could commit to practicing 60 classes in 60 days and begin personal fundraising with family and friends. Participants are able to keep a record of progress on a personalized calendar at the studio. Upon completion of the challenge, supporters can go to www.baaldan.com and make a donation.

“Participating in this challenge allows us to create purpose behind our yoga and help children in India,” said Karen Buckner, co-owner of Bikram Yoga Dallas. “Yoga is more powerful when we do it for someone else or for something greater than ourselves.” Buckner was most impressed by one student who took it upon herself to promote Baal Dan at a new level.

Clarissa Baeza is raising money in a different way. “I decided to start a raffle at my station in the Orange Salon in Dallas,” said Baeza. She is entering clients that donate money toward Baal Dan in a drawing and will give away salon products and gift certificates to those randomly selected. To date, she has raised \$220.

Tanya Pinto hopes to expand this effort to other yoga studios around the country.

For more information about the yoga challenge and Baal Dan visit, www.baalddan.com or www.bikramyogadallas.com.

About Baal Dan

In Hindi, Baal means Child. Dan means Donation. But, even though the name is Indian, Baal Dan was created to help children in need every country. Tanya Pinto, inspired by a quote from Mother Teresa, founded Baal Dan with one concept in mind: "If you can't feed a hundred people, then feed just one."

Based on the simple concept of raising money to help street children, Baal Dan uses that money in places like India where American dollars go much further. The charity raises money to buy things that children can use immediately like food, clothing, medicines and books. Since 2006, when Baal Dan was founded, it has helped more than 1,500 children in India. In 2007, Baal Dan will expand to Africa. For more information, visit www.baaldan.com.

About Bikram Yoga Dallas

Bikram Yoga Dallas was founded in 2000 and is currently directed by David and Karen Buckner. Bikram Yoga Dallas is committed to offering pure Bikram Yoga in an environment that promotes discipline, connectedness, and fun for all of its students. Classes are offered daily. For more information visit www.yogadallas.com or call (214) 824-9642.

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