



Flow for a Cause at One Love's 7th Annual Charity Yoga Event



This article originally appeared on fitness and health website, [Fitt.co](https://www.fitt.co).

Let's set the scene: over a thousand yogis flowing with a live DJ, a waterfront view, and a beer garden. Sounds epic, right?

Well, on September 23, this scene will become reality at [One Love's 7th Annual Charity Yoga event](#)... and even better: it's all for a good cause.

A Feel-Good Flow

One Love's 7th Annual Charity Yoga Event is an outdoor yoga class near and dear to the heart of the thousands of yogis that head out to San Diego's scenic Waterfront Park every year.

The community event is organized as One Love's largest fundraiser of the year to support advancing social justice for kids. Each ticket is a donation to fund an anti-bullying, LGBTQ, transgender, and gender equality program in elementary schools in San Diego, One Love's shelter in India, and One Love's project in Seoul, South Korea for abandoned babies.

We're Down, Dog

The huge outdoor class brings out the best of the best in the San Diego yoga and music community. Yoga teachers Kim Bauman, Sara Ruiz, Forrest Harrop, Marissa Hamill, and Andrew Schultz will be leading the epic flow, while DJ Sol Rising, Glory X, and Jon Coyle will be playing live music.

This year, the event's keynote speaker and guest will be none other than Olympic gold medalist in volleyball, Kerri Walsh Jennings, who will be recording a live podcast interview on stage. Fitt Tip: head to the park early for a chance to bump, set, and spike with the Olympian.

Stretch & Swag

As if donating to a good cause and stretching it out with friends to live music with a scenic view wasn't enough incentive, tickets all come with sweet swag bags with goodies from Cafe Gratitude, Passion Planner, lululemon, and tickets to a beer garden so you can "rehydrate" after sweating it in the sun.

Event Details

What: One Love 7th Annual Charity Yoga Event

Where: Waterfront Park

When: September 23, 2018

[Get Tickets!](#)