

# Let's twist and shout to help charity out...

A YOGA teacher is stretching herself to the limit to raise cash for a charity which helped her father after he suffered four heart attacks.

Sadhana Ali, 34, runs classes in Eccles, Monton and Salford, and is appealing for beginner and experienced Yogis to help raise cash for the British Heart Foundation.

Her father Moboshir Ali, who has lived in Eccles since 1980, has had four heart attacks and a heart bypass over the last few years and has been suffering from chronic renal failure since the age of 14.

Sadhana is now hoping to pay back the charity with a sponsored yoga day on Saturday, November 1.

She said: "Although my father's heart is not going to get any better, with his improved lifestyle from diet to exercise he continues to lead a good way of life.

"Despite all of this, he is still a very active member of the community, he been an active volunteer at the Eccles Mosque on Trafford Road over the last few years, looking after all the financial aspects of the charity, as well as being in charge of fundraising and the charity work the mosque carries out.

by Kathryn Ryan

"To date he has raised over £200,000 to build the new Eccles Mosque.

"His passion for life and his sense of selflessness has been an inspiration to me throughout my life.

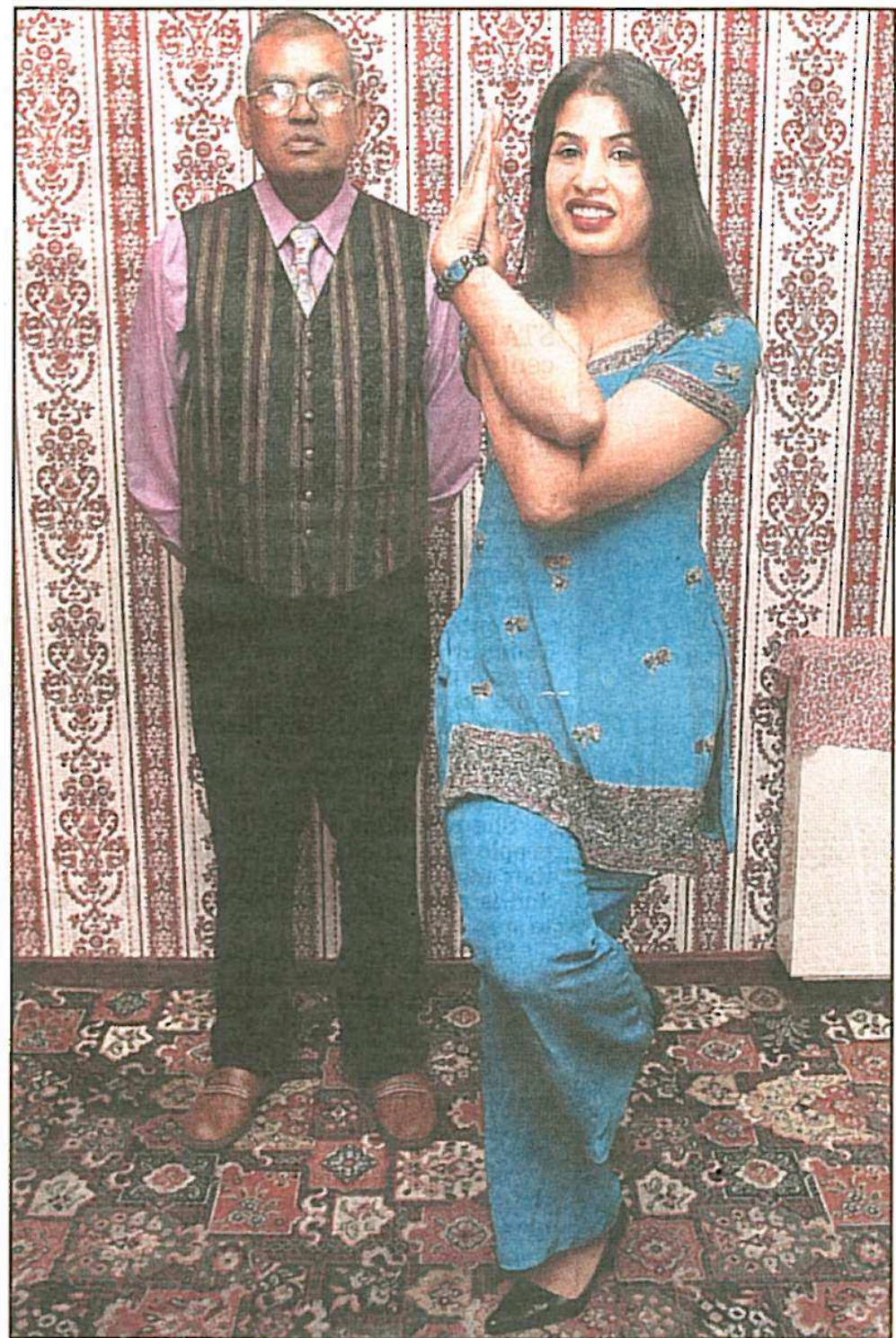
"Combined with my yoga it is this wonderful energy and consideration for other people that I wish to share with the local community as part of the sponsored yoga day.

"The British Heart Foundation has been an invaluable support for my father by providing information on how to cope with life post heart attacks, and their commitment to educating people on the risks of heart problems and the importance of a healthy lifestyle."

The yoga day starts at 11am at Monton Memorial Hall in Monton Green.

Anyone who wants to support the event but doesn't want to join in with the yoga could help to provide refreshments or give a donation on the day.

For more information visit: [www.sadhanayoga.co.uk](http://www.sadhanayoga.co.uk) or e mail: [Sadhana@sadhanayoga.co.uk](mailto:Sadhana@sadhanayoga.co.uk).



**SADHANA** Ali is holding a sponsored yoga day for the British Heart Foundation after her father Moboshir Ali suffered four heart attacks