

**For Immediate Release**

# FLOW AND GLOW

## Do yoga. Get in the flow for girls around the world.

FOR IMMEDIATE RELEASE:

**Seattle, WA , April 7, 2016**

Days for Girls and \_\_\_\_\_\_\_are proud to announce the launch of their Flow and Glow yoga classes during the month of May. Flow and Glow is a glow-in-the-dark yoga class that supports women and girls around the world. A portion of the proceeds will benefit Days for Girls International, a Seattle non-profit.

Flow and Glow yoga classes take place in the dark. Yogis come wearing neon clothing and receive glow sticks, glow stickers, and glow paint at the door.

Days for Girls helps women and girls get in the flow by providing sustainable feminine hygiene supplies. Hygiene solutions are a simple thing that makes a huge difference, by allowing women and girls to go to school and work when they wouldn’t otherwise be able to. 12-year-old Noreen from Kenya said it best: **“When we have those kits, we can do something great in this world.”** The former First Lady of Kenya affirmed this, saying, “This is what has been holding girls back in education, this must now come to an end. There will be no need to drop out of school or to have early marriages.” Since 2008, Days for Girls has provided hygiene solutions to over 300,000 women and girls in over 100 countries.

Days for Girls was featured at the 2015 and 2016 UN Commission on the Status of Women, was selected by the Huffington Post as a ‘Next Ten’ organization positioned to change the world in the next decade, and is a two-time Girl Effect Champion. Days for Girls is committed to reaching ‘Every girl. Everywhere. Period.’, and is pleased to partner with the Greater Seattle community to do so.

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