



River Bend Yoga Sponsors Mission Joy Films As Fundraiser For Be A Bridge

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ALTON - River Bend Yoga hosted the film, *Mission: Joy – Finding Happiness in Troubled Times*, at Old Bakery Brewery on Sunday, May 29th. Through the donation of space from Old Bakery Brewery and the generosity of the attendees, \$1,025 was raised for Be a Bridge.

Be a Bridge NFP is a registered 501c3 focused on building relationships and fostering a peer community amongst youth. They provide programs such as adolescent support groups, fine arts experiences, and workforce development. As noted on their [Facebook page](#), “Be a Bridge will soon be launching our newest program, Dance Haus! We want our youth to learn healthy self-expression and cultural awareness, and both can be found here. Middle school and high school students are welcome to attend.” For more information on this or any of their services, you can contact them at beabridgenfp@gmail.com.

Mission: Joy donated the film screening. Inspired by New York Times bestseller *The Book of Joy: Lasting Happiness in a Changing World*, the film showcases the exchange between these two Nobel Peace Prize winners that led to that book. Deeply moving and laugh-out-loud funny, His Holiness the Dalai Lama and Archbishop Desmond Tutu share science-backed wisdom of how to live with joy in troubled times in Mission: JOY

River Bend Yoga’s Teacher Training Cohort and Alumni helped to facilitate this fundraiser. Studio owner, Vicky Delaney, ascribes to the mantra, “Living mindfully is the foundation to a happy, healthy, well-balanced life.” As such, this fundraiser perfectly aligns with the mission of the studio – to serve the community and provide holistic offerings that help each individual thrive.

If you missed out on the fundraiser but would still like to support Be a Bridge, you can donate via PayPal to beabridgenfp@gmail.com.

To see the offerings at River Bend Yoga, you can visit their website at RiverBendYoga.net or go directly to their registration page at riverbendyoga.punchpass.com.