

# Yoga session adds a new experience to IAADFS Sports Day

By **Hibah Noor** on January, 17 2017 | Associations



In addition to the popular Sports Day Fun Run/Walk and golf tournament, IAADFS attendees will also be able to kick off their show experience with a new twist — yoga. The yoga session takes the place of the tennis tournament that was held in years past.

To participate in Sports Day, attendees can select their desired activity when completing the registration form and include the registration fee (if applicable). Pre-registration is required. If you have already registered and need to add a Sports Day activity, you are asked to contact the IAADFS office for assistance.

This year's Sports Day will kick off with the third annual Fun Run/Walk, extended last year to 5K. You can run, jog or walk around the grounds of the Orlando World Center Marriott.

Participants will meet at 7:30a.m. at the Fairway Terrace. The event is free, followed by a light continental breakfast, but pre-registration is required.

For each person who participates in the Fun Run/Walk, IAADFS will contribute to a worthy charity. Last year's run raised US\$5,000 for Escuela de la Calle (EDELAC), an organization that works with at-risk children in Guatemala.

The association thanks Essence Corp for its sponsorship of this event.

The 2017 golf tournament will take place at the Hawk's Landing Golf Club at the Orlando World Center Marriott. The US\$145 golf registration fee includes greens and cart fees, continental breakfast, and refreshments. Club rental is US\$59, and shoe rental is US\$20. Breakfast is served at 8:00a.m., with tee time set for 8:30a.m. Sunday.

IAADFS thanks American Caribbean Gateway/Macanudo Cigars for its sponsorship of the 2017 golf tournament.

Requests for golf pairings or foursomes must be submitted only via email to IAADFS at [iaadfs@iaadfs.org](mailto:iaadfs@iaadfs.org) no later than Friday, February 17. While IAADFS will do its best to accommodate requests, they are not guaranteed. If you plan to submit a pairing request, please first confirm with your intended teammates that they have registered for golf.

This year's inaugural Sports Day yoga session will take place on Sunday at 9:00a.m. A professional yoga instructor will guide attendees through an hour-long session, which includes beverages to keep you hydrated. Registration for the event is US\$20; towels and mats will be provided.