

Raise money. Speak out. Protect women's human rights activists in Iran.

The women of Iran are showing that they're powerful, no matter what the law says.

Meet [Bahareh Hedayat](#). She is a 31-year-old activist for women's and student rights.

Bahareh is currently serving a ten-year prison sentence for speaking out against the violations of the rights of students following the 2009 presidential elections in Iran.

In addition to her activism on students' rights, she has also worked for improving women's rights as a member of the One Million Signatures campaign to change Discriminatory Laws Against Women (also known as the [Campaign for Equality](#)), for which she received a two-year suspended sentence.

Her fearless activism put her on the frontlines of a violent crackdown. Following the national elections in 2009, security officials stormed the student dormitories. Many students were beaten, arrested, and reportedly killed.

Bahareh was outspoken in demanding accountability from the government for these human rights violations. As a result, she was arrested for the third time on December 31, 2009, and sentenced to almost a decade in prison.

Bahareh has sacrificed her dream of starting a family, and now faces years in prison for the simple act of advocating for the rights of her fellow Iranians. Like many young Iranians, she strives for a just world that ensures the respect of rights of all people.



"Sadness and loneliness have no place in my heart because our empathy for each other is untainted ... There is no doubt in my mind that [we have a] bright future; we will breathe in a free country while celebrating our liberty together. We must believe in this and stand up like before, informed and hopeful."

(Bahareh is seen pictured to the left, with her husband, Amin Ahmadian. Photo above was also taken by her husband, Amin.)

For more about Bahareh, watch the online video at yogaday.ca.

Stand together with women like Bahareh by raising money through Yoga Day.

The money you raise will help Amnesty research more cases, continue to monitor the actions of governments, and successfully issue worldwide appeals to help save the lives of activists like Bahareh and countless other women's human rights defenders around the world. Find out more in the instructions provided in 'Set your plan in motion today'.

Background information: Women in Iran continue to risk their freedom and their lives for [equality](#)

Women in Iran face widespread discrimination under the law:

- They cannot take on key positions in the state. For example, they are not allowed to be judges or stand for the presidency.
- They do not have equal rights with men in marriage, divorce, child custody and inheritance.
- Criminal harm suffered by women is less severely punished than the same harm suffered by a man.
- Evidence given by a woman in court is worth half that given by a man.

[Campaign for Equality](#) women's rights activists under attack

In 2006, Iranian women's human rights defenders courageously launched a powerful grassroots movement called The One Million Signatures Campaign – also known as the Campaign for Equality.

The Campaign demands an end to legal discrimination against women, and its members are careful to conduct their activities in full compliance with the law. They have travelled the country calling on all Iranians—both men and women—to sign a petition supporting an end to laws that discriminate against women.

The response of the Iranian authorities has been brutal and repressive. Women's human rights activists like Behareh Hedayat have served prison sentences simply for demanding equality. Other activists are regularly followed, harassed and intimidated.

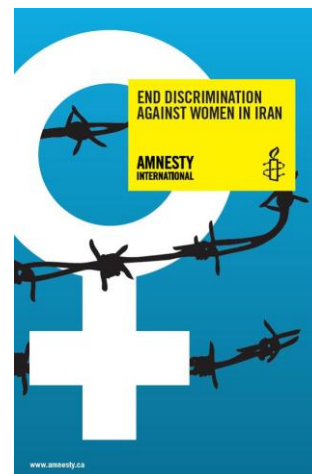
The Campaign for Equality members have called on Amnesty International for support - and we're determined to give it. By raising the profile of the Campaign around the world, we can increase the pressure on the Iranian authorities and help keep the women safe and out of prison. You, too, can take part by having all your event participants sign the enclosed postcard actions (pictured to the right).

Kindly mail all signed postcards back to us with all funds raised to:

Yoga Day 2012
Amnesty International
312 Laurier Ave E
Ottawa ON K1N 1H9



Above: Mahboubeh Abbasgholizadeh, key member of the "Stop Stoning Forever" Campaign, launched in September 2006 to end the practice of stoning in Iran.



Tell the women of Iran that they are not alone.

- Raise money through your Yoga Day event to support Amnesty International's work.
- Have your postcard actions signed at your event and mail them back to us.
- Spread the word by sharing [yogaday.ca](#) online via Facebook, twitter & YouTube.

Change begins with one person's determination. Change begins with you.