

MEADOWLARK
YOGA

EDINBURGH
COMMUNITY
YOGA

108 Fundraiser

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108 people. 108 sun salutations. £108 raised in sponsorship each.

Introduction

We have updated our event offering to find a fun, safe and easy way for us to 'get together' while we can't get together. Our One-O-Eight Challenge is therefore running virtually in 2021 with the same focus on community spirit, solidarity and supporting access and inclusion in yoga.

The Challenge

108 is a renowned and sacred number in many traditions. We are looking for 108 people to do 108 yoga salutations and for each person to raise £108 pounds for Edinburgh Community Yoga! In order, to make the challenge more accessible there are three versions of the salutation you can choose from, a sun, moon or chair salutation

Background

So far this year* ECY have supported over 300 people to access our Community Outreach Yoga Programs and over 500 people to access our Public Classes, with 330 people utilising our concession or subsidised rates to access ECY classes.

We are conscious that we are all burnt out from the pandemic but ECY, like many small not-for-profit social enterprises' have seen a steady decline in income over the last twelve months. Our public classes, teacher trainings, retreats and workplace wellbeing programs have all been severely impacted by the pandemic and demand for grant funding has exponentially increased across the country.

As a result, we are working harder than ever to continue to run our Outreach Programs and subsidised Public Classes - but we can't continue to do it without your support!

When you take part in our fundraising events' you are supporting our belief in social equality and our work towards an inclusive world where every individual has access to and is empowered by doing yoga. Thank you.

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Aim

We hope to raise £12,000 through our One-O-Eight Challenge, with the help of Meadowlark Yoga.

These funds will help us to continue to run our Outreach Yoga Programs and Public Classes for the remainder of 2021 and early 2022. Allowing Edinburgh Community Yoga to continue to take the therapeutic benefits of yoga to communities in Edinburgh, ensuring access and inclusion, by working across the cultural, economic and health barriers that inhibit people from taking part.

Any excess funds will be used to develop our Social Prescribing Program, working with healthcare organisations to support people to access yoga, and continuing our work on scholarship and mentorship programmes for outreach students who want to explore yoga further.

This is particularly important as we consider the significant impact on mental health of the last 12 months as a result of social isolation and COVID-19 related anxiety.

Your support will continue to enable us to work with and support organisations such as the below:

- Saheyliya | Saheyliya supports and promotes the positive mental health and well-being of black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in the Edinburgh area.
- Steps to Hope | Steps to Hope SCIO is a non-profit charity dedicated to caring for the homeless and those suffering with addiction.
- B Healthy Together | B Healthy Together are a community-led health project in South West Edinburgh. Their aim is to improve health and well-being within the communities by providing a variety of social health activities.
- NHS Self Harm Service | Offering support and services to people affected by self-harm.
- The Spring Project | Supporting women in the criminal justice system in Midlothian

Individuals attending classes will benefit directly from the funds we raise by accessing yoga programmes that are free at the point of service and run-in partnership with the organisations that support them. We know that funding yoga programmes gives people the opportunity to improve mental and physical health through the practice of yoga and to take part in enriched and supportive group, based practices that can reduce social isolation and foster connection.

Your donations will also assist us to continue offering our 'concession' rate at public classes**, which is £5 for Low waged, single parents, OAP's, and students. Along with our 'subsidised by ECY' rate, which is £1 for students from our outreach programmes or anyone for whom finance is a genuine barrier e.g., unemployed or in receipt of benefits.

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What to do next?

When you sign up you are committing to raise money for Edinburgh Community Yoga. The target is £108, and as we had so many participants exceed the £108 target last time, we also have a stretch target of £200, if you'd like to reach for the stars!

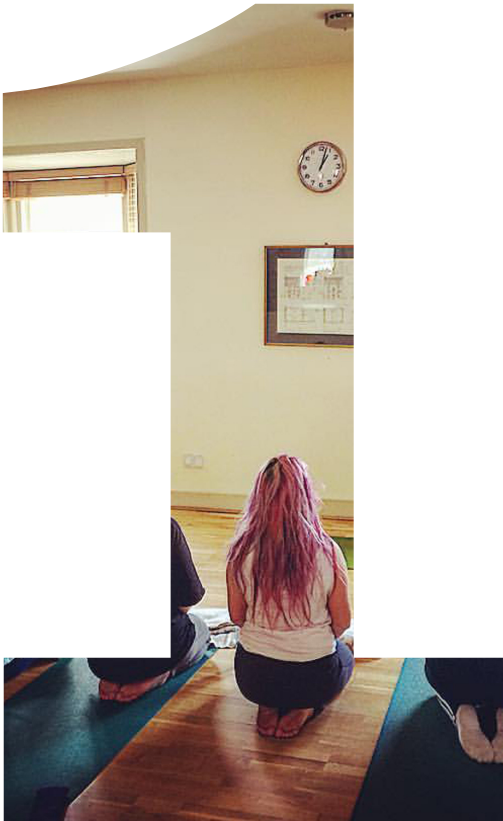
How to register for the 108 challenge:

1. Once you've completed your Bookwhen booking, head over to our Fundraising Page:

[Edinburgh Community Yoga: One O Eight Challenge Online 2021 \(enthuse.com\)](#)

2. Set up your personal fundraising page OR you can create a team page and fundraise with a team. CLICK THE 'START FUNDRAISING' BUTTON, (bottom right of this page).

3. Start fundraising! Share your personal fundraising page with friends, family and colleagues.



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