



MEADOWLARK
YOGA

EDINBURGH
COMMUNITY
YOGA

108 Fundraiser

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YOGA



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

Introduction

At Edinburgh Community Yoga, we believe in an inclusive world where everyone has access to and is empowered by doing yoga. As a not-for-profit social enterprise all profits from our public classes and corporate programmes go toward Community Outreach Programmes and subsidised public classes. Thanks to you, we're taking the therapeutic benefits of yoga to communities in Edinburgh and beyond. Together, we ensure access and inclusion, working across the cultural, economic and health barriers that inhibit people from taking part in yoga.

The Challenge - Are you In?

We want 108 people to come together on 6 June 2021 (virtually or in small groups), to do 108 yoga salutations, and raise £108 each!

The One-O-Eight challenge is a fun, safe, easy and inclusive way to bring our community together online and raise urgent funds. It won't be long before we can all be together in person but until that time we're determined to harness the wonderful community spirit and solidarity that has seen us through this past year, and come together to support access and inclusion in yoga.

There are three versions of the salutation including a seated option to suit all abilities. We will have a video demonstration available soon to keep you right!



PEOPLE



SALUTATIONS



POUNDS

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.

Working together toward equal access to yoga for those who need it most

Every penny you raise through taking part in the One-O-Eight challenge will pay for yoga programmes that are free at the point of service and run in partnership with the organisations that support them. You are giving people the opportunity to improve their 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. It's thanks to you, and kind and generous people like you that this work is possible. You are amazing.

Will you help reach our target of £12,000?

Your support will enable us to continue to work with and support organisations including:

[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

[NHS staff Yoga Project](#) | Supporting NHS staff wellbeing in the Borders with a weekly yoga class

[Salvation Army](#) | Supporting the wellbeing of people experiencing homelessness, mental health and addiction issues



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I'm In What's Next?

Signing up is easy

1. If you haven't already signed up do so [HERE](#)
2. Set up your personal fundraising page [HERE](#) with a target of £108 OR you can create a team page and fundraise with a team.

CLICK THE 'START FUNDRAISING' BUTTON .

3. Join our 108 challenge group on Facebook. Click the event [HERE](#) to connect with the 108 community
4. Start fundraising! Share your personal fundraising page with friends, family and colleagues. We're so delighted you've decided to join us.

You're doing an amazing thing ♥



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