

How to organise a day of Yoga for The Friends



A day of Yoga is a fun and effective way of engaging other people and raising some funds for the Friends of the Connection. What do you need to do this?

- A yoga teacher – it doesn't have to be you. Do you know one you could ask?
- Find your venue – a Village Hall, a church hall, a scout hut?
- Find your participants – friends, their friends, advertise in your village/local community/church. Make sure they know how to contact you by phone and email.
- Fix the length of the day – perhaps 10.30-15.30.
- Fix the date!!
- Book the venue – if you need to pay for this make sure you charge a fee that will cover your costs.
- Make sure of your participants.
- Tell them all about your plan and what will happen. Can you provide tea/coffee/water etc? Do they need to bring lunch?
- Tell them all the purpose of the event – we can help you with what to say and with literature for the day.

Make sure the whole day is one you will enjoy. FUNdraising should be FUN!!