

SAMARITANS

30 day yoga challenge



Ideas and inspiration for setting yourself a yoga challenge

**Thank you for joining #TeamSamaritans!
With your support we can be there for
people when they need us most.**

Whether you're an experienced yogi or want to challenge yourself to take up yoga as a new hobby, turning those sun salutations into a fundraiser will help Samaritans save lives.



How to set up your yoga fundraiser

- Decide on the length of the challenge. We've suggested 30 days, but you could go for a shorter or longer period of time. This is your challenge, so make it work for you and adapt it to your needs.
- You can set yourself a specific time you'd like to do every day, like 15 minutes, or mix it up based on how you're feeling each day. You could set yourself goals like wanting to master the perfect downward dog or something a bit more ambitious like a shoulder stand.
- Practicing yoga is not just about the physical, and you might want to try mindfulness or meditation exercises for a well-rounded practice. Try the exercises in our **self-help app**, such as muscle relaxation and box breathing. You can also find guided meditation exercises on YouTube and in apps like Headspace and Calm.
- Come up with a schedule. When you've taken the time to plot out your challenge, it's much easier to stick to your plan. You can mix things up by going to a few in-person classes, follow along to YouTube videos or come up with your own flow if you have a bit more experience. Find classes suitable to your needs and experience level – there are lots of free beginners and adapted yoga classes on YouTube.
- Set up a **JustGiving page** to let everyone know about your fundraiser and ask for sponsorship. You can add updates and photos to your page to celebrate your progress.
- If you're completely new to yoga and would like further guidance on getting started, drop us an email at **community&events@samaritans.org** and we can share our digital guides with you.
- We'd love to hear about your plans! **Fill in this form** to let us know what you're up to. If you'd like a Samaritans t-shirt or other fundraising materials, email us at **community&events@samaritans.org**.



Other ideas

- If you're a yoga teacher, you could host a class and ask participants to donate what they would normally pay for a class to Samaritans. Set up a **JustGiving page** to easily collect donations – your students might like to know that every £5 raised helps Samaritans answer one potentially life-saving call.
- Set up a yoga challenge at work. We could all use a bit more calm in our workdays! Explore the benefits of daily yoga with your colleagues by doing desk yoga or hiring a yoga instructor to do customised classes for your workplace. Include short mindfulness and meditation sessions to start or end the day, and enjoy the benefits. Ask everyone taking part to donate to a **JustGiving page** so you can see how much you've raised collectively.
- Link your yoga activity with an awareness day or week, such as Mental Health Awareness Week in May or Suicide Prevention Day in September. This will help you highlight the work Samaritans does and raise much-needed awareness of mental health and suicide prevention.

£5 could help us answer a call for help that could save a life

Paying in your fundraising

By cheque

Make the cheque payable to 'Samaritans' and post to:

Community and Events Team,
Samaritans Registered Office,
The Upper Mill, Kingston Road
Ewell KT17 2AF

Remember to include a note with your details so we can say thank you.

Online

Go to samaritans.org/donate/pay-in

By phone

To make a donation over the phone, you can call our Supporter Care team on **03709 00 00 32**

By bank transfer

Get in touch with us on **03709 00 00 32** or at supportercare@samaritans.org



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