



yoga reaches out



Boston Children's Hospital



HOST A CLASS THAT BENEFITS KIDS

Yoga Reaches Out brings together thousands of yogis from around the world to fundraise for kids at Boston Children's Hospital and enjoy a day of practice. This fall, we're going virtual. We'll connect as a community to help families who need our support. You can help by simply doing what you love.

..... who?

You. Students, teachers, studio owners can all fundraise through a donation-based benefit class.



students

Ask your teacher or studio to donate studio space and teaching time. Offer to help with promotion, donation collection and logistics.



teachers

Ask your studio to host a benefit class that you or others lead. Decide on the specifics, date, suggested donation amount, etc.



studio owners

Make Yoga Reaches Out and benefit classes part of your studio's annual calendar. Organize a class or see if an instructor can take the lead.



why?

Kids suffering from some of medicine's most complex diseases come to Boston Children's for treatments unavailable anywhere else. Their families struggle to be there for their sick child and still fulfill their family's needs. You are their helper, using your love of yoga to provide them care and services through the hospital's Every Child Fund and Family Wellness Program. Your every om can mean a breath of relief for a family in need.

how?



choose

the time, place and suggested donation. Your studio's drop-in rate should be a reasonable suggested minimum donation. these classes can be virtual - we encourage you to use your preferred livestream platform to host classes this summer and fall.



make class special

with special music, a theme, guest teacher or teaching team that stands out from your everyday classes.



promote

using social media, your studio's email list or monthly newsletters. Ask teachers to announce the class during their regular classes.



collect donations

as people arrive for class. Display the suggested donation and ways to give (cash, card, check*) on signs. Supporters can also give through your fundraising webpage. Funds raised can be split to support all members of your Yoga Reaches Out team.

Please make checks payable to
Boston Children's Hospital

For payment, mail check to:
Boston Childrens Hospital Trust
ATTN Yoga Reaches Out
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