



yoga  
reaches out



Boston  
Children's  
Hospital

## HOW TO HOST A CLASS THAT BENEFITS KIDS

Every year **Yoga Reaches Out** harnesses the power of the yoga community with one intention—lifesaving care for kids at Boston Children's and around the world. Together we bend, twist and



reach for answers at the place that has cured more childhood diseases than any other. Roll out your mat, open your heart and host a donation-based benefit class. Bring hope and change lives.

### Hosting a benefit class is as simple as om, two, three.

- 1 Set the scene** Set the time, place and a suggested donation (perhaps your studio's drop-in rate). The key to a successful benefit class is to be creative. Memorable benefit classes have included live music, team teaching with assists, special themes like restorative or hip hop yoga, vendors, food and more.
- 2 Invite everyone in** Ask teachers to announce the class during their regular classes. Reach out with social media, your studio's email list or newsletters. Include a link to your fundraising webpage for supporters to donate in advance or for those who can't attend.
- 3 Collect donations** Make it easy to give as people enter class. Display a sign with the suggested donation and ways to contribute online. Encourage giving at the end of class and, of course, express your gratitude. Don't forget to invite those that have not joined your team to register at [yogareachesout.org](http://yogareachesout.org) under your team name.

*Please mail donations (checks only please) to: Boston Children's Hospital Trust, ATTN Gift Services, 401 Park Drive, Suite 602, Boston, MA 02215-3354. Make checks payable to: Boston Children's Hospital.*

**Thank you for dedicating your practice to helping others.  
Your service will save young lives. Namaste.**

We're here to help: [yoga@chtrust.org](mailto:yoga@chtrust.org) | [617-919-6843](tel:617-919-6843) | [yogareachesout.org](http://yogareachesout.org)