Yoga Reaches Out brings together 1,200+ yogis to fundraise for Boston Children’s Hospital and enjoy a day of practice. Since the first event in 2010, the yoga community has raised more than $2 million for Boston Children’s Hospital, through sponsorship, donations and hosting activities like benefit classes. The result: Boston Children’s kids and families enjoy happier, healthier lives.

**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.

For more info, contact [yoga@chtrust.org | 617.919.6843 | yogareachesout.org](mailto:yoga@chtrust.org)
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.

make class special
with special music, a theme, guest teacher or teaching team that stands out from your everyday classes. Other ideas: recruit assisters to adjust or give massages, or add an extra half hour for deeper restoration.

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
401 Park Drive, Suite 602
Boston, MA 02215-3354

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