

Amandeep's Online Yoga Guide

Amandeep organised an online yoga class with friends and family and raised over £800.

Getting ready for the event

- Create an engaging JustGiving page which has clear instructions of how to get involved.
- Share the link wherever you can. My niece helped me to promote the fundraising page by linking it to my biography on Instagram!
- Prepare your story to share on social media. I wrote a few lines about my meningitis story. Only do this if you feel comfortable doing so.
- Encourage friends and family to share the fundraising link via text or social media to spread the word.
- Ask someone to run the class. My niece is a yoga teacher so this was nice and easy for me. Let your fellow Yogis know the date and time of the online event



What you'll need

- Friends and family to join in with the yoga and support
- T-shirts
- Banners
- Thank you gifts - I bought these for my friends and family that took part
- A Zoom meeting link, to be able to share with those wanting to do the class. Any video conferencing platform will work!
- Create a WhatsApp group with those taking part. I used this to share my fundraising page, and the Zoom link for the class

"I started yoga during lockdown which I really enjoyed and it helped my mental health. I realised you don't need to be flexible to enjoy yoga, and thought it would make a great fundraiser

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On the day

- Decorate your yoga space
- Contact everyone with a motivational picture, to ensure they are ready for the day and remind them of the Zoom link. This is where a WhatsApp group came in handy.
- Ask someone to take pictures of the event, when you're in action.
- Ensure you ask attendees permission for sharing any pictures you take of them during the class

Post Event

- Say a big thank you to all those who attended and your supporters
- Add pictures of the online yoga on social media which will encourage more donations .
- Celebrate that you've had a successful event - after the event I spent the rest of the day chilling out with my kids

Top tips

- If you are doing the class online, make sure the internet connection is strong, and everyone can access to Zoom link.
- Send reminders to the attendees of the date and time of the event
- Keep updating social media with any preparations you are doing for the event e.g. putting up banners
- Share your story. Why are you fundraising for MRF?
- Make sure you take time to enjoy the event!