

Welcome to 31 days of yoga in December!



Thank you for taking on 31 days of yoga in December for Mind.

By signing up, you're joining an incredible community of people coming together to support better mental health. We're so happy to have you on board.

December can be busy time of a year. So many will be snowed in by poor mental health this winter. This is your chance to slow down, stretch and make some time for yourself, while raising money to help Mind be there to step in before anyone gets snowed in by poor mental health.

The money you raise will help fund Mind's vital services, including our Infoline and online peer support community, Side by Side.

Your challenge checklist

- 1. Join the Facebook community**
Connect with other yoga challengers for motivation, tips and support.
- 2. Share your challenge**
Post your fundraising page on social media and tell people why you're taking on 31 days of yoga in December.
- 3. Get your first donation**
Start by donating to your own page. It's a great way to show your commitment and encourage others to get behind you.
- 4. Get practising**
Roll out your yoga mat, take a breath and enjoy your daily practice. Whether you do 5 minutes or 50, every session counts.

Your 31 days of yoga

Whether you're a complete beginner or a yoga pro, every practice counts. Take a few minutes to breathe, stretch and check in with yourself each day. You can practise at your own pace and make the challenge work for you.

Inside your pack, you'll find your Mind T-shirt and your 31-day yoga guide and tracker. Use your tracker (overleaf) to log your sessions and watch your progress build throughout December.

Thank you for helping Mind be there for people when they need us. Your fundraising could help someone find a way out before they get snowed in by poor mental health.

Best wishes,

Charlie and Anita

Free T-shirt upon sign up



Raise £50 for your grippy yoga socks



Raise £100 for your exclusive 31 days of yoga medal



Registered with
**FUNDRAISING
REGULATOR**

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