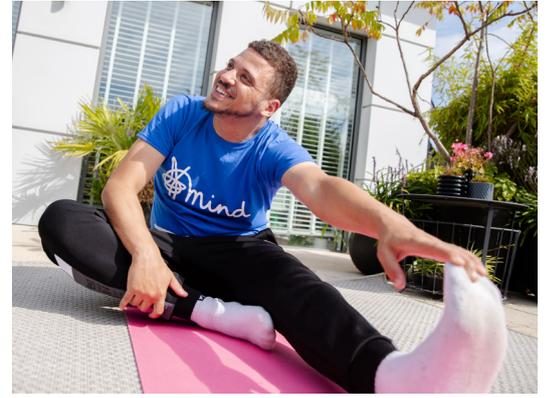


20 mins of yoga a day in November

Are you ready to take on 20 minutes of yoga a day this November? By the end of the month, you'll have completed 10 hours of yoga! Complete your daily 20 minutes of yoga using the tracker below and be part of an amazing team raising money in the fight for better mental health.



Here we go!							
1	2	3	4	5	6	7	
One week in! Share your first progress medal							
	8	9	10	11	12	13	
		Half way there! You've got a new progress medal					
14	15		16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	Final push!	Daily minutes so far:			
			30	Finish			

Congratulations!

Time to share your final virtual medal with friends and family to let them know about your incredible challenge.

mind.org.uk

Mind is a registered charity in England (no. 219830) and a registered company (no. 424348) in England and Wales.





20 mins of yoga a day in November

Welcome to #TeamMind!

Thank you for taking on 20 minutes of yoga a day this November and joining the fight for mental health. By raising money for Mind, you're helping more people with mental health problems get the support they need and the respect they deserve – and that's a very big deal. So thank you, so much!

We really hope you're excited to get started! We can't wait to get to know you better in the Facebook group, and we'll be there cheering you on throughout your challenge.

Enclosed you'll find your Mind t-shirt and on the back of here, your daily yoga tracker. We'll be sending you digital progress medals at several stages during your challenge which you can share on your fundraising page. If you fundraise £150 or more and we'll also send you a new and exclusive Mind yoga pack! This includes a microfibre towel, sweat band set, resistance band, and Mind bag.

Thank you so incredibly much for your support. Because of supporters like you we can be there for everyone experiencing a mental health problem when they need it the most.

Best wishes,

*Georgina
and Anita*

