

30 days of yoga in November!



Welcome to #TeamMind!

Thank you for taking on 30 days of yoga in November for Mind. By taking on this challenge, you're standing with us on the frontline of the fight for mental health. We couldn't be happier to have you by our side.

1 in 4 of us experience a mental health problem every year. But most of us don't get the help we need – this has to change. The money you raise will go towards running our vital services, like our Infoline and online community, Side by Side, so we can be there for even more people who need us.

We really hope you're excited to roll out your mat and find your yoga flow! Yoga has huge benefits for our physical health and mental wellbeing. It's known to help improve our strength and balance, help us relax more and even get a better night's sleep. All key ingredients to better wellbeing.

The perks

Use our [30-day yoga guide and tracker](#), created by Mind's resident yoga instructor, to click on each practice and start the daily video class. You can follow the suggested practices, which include beginner (B) or more experienced (E) options, or find your own flow – it's entirely up to you! Use the tracker to record the number of minutes you practice each day and get your total yoga minutes at the end of the month. And if you raise £100 or more, you'll receive an exclusive Mind yoga kit!

We can't wait to get to know you better in the Facebook group, and cheer you on throughout your challenge. Whether you're a seasoned yogi, or complete beginner – we'll be right on hand to support you from your first downward dog through to your final savasana.

Best wishes,

Anita and Tarryn



Your challenge checklist

- Join the Facebook group**
Guaranteed fun, motivation and support.
- Let people know!**
Snap a selfie in your new Mind t-shirt and share across your social media.
- Get your first donation**
Making a small donation to your own fundraising page is a proven way to kickstart your fundraising. Just £5 could cover the cost of your t-shirt and let people know you're serious about the challenge.
- Download your digital yoga guide and tracker** to access our suggested daily practices (click on B for beginner, or E for experienced options).
- Roll out your mat for your daily practice**
... and breathe and relax ...
- Keep friends and family up to date with your progress**
- Raise £100 to receive your Mind yoga kit**