

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
- Balloons
- 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



www.meningitis.org

Amandeep's online event
raised an incredible £839.58!

"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"

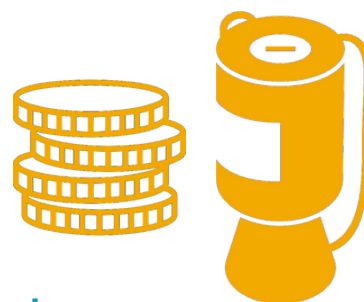
On the day

- Decorate your Yoga space with balloons and banners
- 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



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!



Post Event

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