



Can you help?

"I genuinely feel like BYF saved my life at a terrible time, and then has helped me start living it again with more hope. It is beyond invaluable."

Could you or your company help us keep our invaluable core yoga support classes going?

We are looking for **corporate or individual sponsors** for our most important outreach yoga classes. Many companies like to give something back, and it's a great way of showing your positive community values.

All charities are feeling the squeeze this year and with grant funding drying up and many individuals struggling with the cost of living crisis we are looking to our neighbours to help keep these classes going:

Chair Yoga online for those with **long covid and chronic pain**

Therapeutic yoga for Women only for those who have **experienced trauma, chronic illness, and mental health challenges**

Gentle Therapeutic Yoga Online to **increase mindful awareness and self-compassion.**

It's so important to us that these **safe spaces** for yoga and relaxation stay available to our community each week without any financial barriers. If you think you or someone you know would be able to sponsor one of these classes - or if you know someone who would benefit from our class please get in touch.

The results have been **life-changing and even life-saving:**

"I don't have any family or friends so it was really special to me to interact and the yoga itself was so good I just wish there were more classes to go to."

"Without the classes I would be stuck as I am housebound and can't attend classes in the community. Thank you so much for these classes, I am a new and healthier person now."

Choose to sponsor one of our classes:

£300 pays for a 12-week zoom class
Therapeutic Yoga (zoom)
Chair Yoga (zoom)

£700 pays for a 12-week in-person class
Therapeutic Yoga (in person)

Email: carmenyogafoundation@gmail.com to find out more

Donate here:

www.brightonyogafoundation.org/donate-yoga/

