



YOGA EVENT



Host a Yoga Event:

- Ask your local yoga studio or instructor friend if they would be willing to donate their time or space
 - If the studio isn't available, you could use your yard, a public park or ask the park district about a space!
- Set a donation amount as the admission fee for your event
- Get the word out with location, date, and information about your yoga event! You can use social media, create a Shine A Light page or post flyers around your neighborhood!
 - Make sure to remind people to wear comfortable workout attire, bring water and if they need to bring their own mats!
- You can accept these registrations/donations in person or through your own event Shine A Light page! If you need help with this, reach out to nick@erikaslighthouse.org
- Start your event out by thanking the instructor for their time and explaining a little about Erika's Lighthouse!
- Enjoy your event!

Contact Nick with any questions
or event assistance!
nick@erikaslighthouse.org