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**Yoga Mala FAQs**

**What if I don't think I can do 108 Sun Salutations?**

Please don't let this keep you away from attending the Yoga Mala! While working through the physical challenge of completing 108 Sun Salutations is symbolic of both struggle and success. The practice is really about the power of community, NOT the strength of any one person. We encourage EVERYONE in the room to take care of themselves, take breaks and use the assistance of a chair if they like!

**How much does each person need to fundraise for Yoga Mala?**

We ask that everyone who registers for Yoga Mala contribute a minimum of $150, between the registration fee and peer-to-peer fundraising. When you look at our Fundraising event, you will notice that the fundraising goals range from $100 up to $4000. Some folks meet their goals and others exceed them. You will not be charged if you don't contribute the full $150, but we ask that you ***please try!***

**Does my registration fee go towards my fundraising goal**?

In theory, yes, but unfortunately, there is no integration between the registration page for the Yoga Mala and the Peer-to-Peer fundraising platform. Your individual or team fundraising page will not reflect the amount you have paid for registration. Our fundraising goal for Yoga Mala is $50,000. This is a combination of ticket sales and partnerships (which are displayed on our event page) and donations (which are displayed on our Fundraising page). If you chose the option to fundraise at registration, please set your fundraising goal to be at least $100.

**What does it mean to be part of a Yoga Mala Team?**

Our Yoga Mala Teams are informal. To be part of a team means that you have been recruited to be on a team and that you decide you want to affiliate with that team. You choose each other and to work together to fundraise. All of the dollars fundraised by a team are combined. We cannot track the team members or which members of a team have solicited donations.

**How do I create a Team Fundraising Page?**

When setting up a Team Fundraising Page, sign up as an "organization" and complete the steps to finish the page, updating your story, adding a logo or other image, etc. From there, share the link to your Team Page with your network, students, etc. Rally them to register to join you at the Yoga Mala and participate in the fundraising. Everyone who is part of your team, will use the link you have created to fundraise as a group.

**How do I join a Team?**

There is not a way to sign up to "join" the team on our fundraising platform.  Each person should register to attend the Yoga Mala, either in-person or via Zoom. From there, to be part of any “Team”, means that all members of the same team will promote and share the same fundraising page that your team lead has created.

**How do I fundraise as an individual?**

If you prefer to fundraise as an individual, all of the donations that you collect will be tracked and you will be eligible to win one of two top fundraiser prizes. You can create your own Peer 2 Peer fundraiser, by clicking this [link](https://yogainaction.networkforgood.com/projects/214629-yoga-in-action-s-yoga-mala-2024-fundraiser). Choose "Start Fundraising."

**Do I have to create a fundraising page as above?**

If you create a peer to peer fundraiser with the provided link, you will be able to easily share your fundraiser via email and social platforms. That said, some folks choose to solicit donations in other ways, like offering a donation based yoga class, setting up an Insta fundraiser or even doing a bake sale! If you collect donations in other ways, please let us know so we can account for these dollars. Please bring any cash or checks to the Yoga Mala.

**What do I need to bring to the Yoga Mala?**

Please bring a yoga mat, any props you need and a water bottle. There will be tea and limited granola bars available during the practice, with food served after the class. If you need a snack to keep your energy up, bring that along. ALSO- Yoga Mala is known for some wonderful prizes and raffle offerings and t-shirts. In addition, we will have books by Ann Biese, author and YiA faculty member and Glerups slippers for sale. ALL proceeds of these sales will go toward Yoga Mala fundraising goal. Bring your wallets if you might like to shop in between your sun salutes! Finally, it can be quite chilly in the venue on a February morning, but on a sunny day, can really heat up. Dress in layers.

**Do you have a question that is not answered here??**

Please email rochelle.jewell@yogainaction.org. We are here to help!