



to-do list

TO-DO BEFORE EVENT

- Invite nearby Holy Yoga Instructors to do one big event all together.
- Delegate roles for time leading up to the event and day of.
 - Have 3 people for registration
 - Invite Instructors to bring snacks.
- Find and reserve a venue (make sure to have a rain plan if outside).
- Find a musician.
 - Will they donate their time?
 - Do they have a portable sound system?
 - Make sure to follow up prior to event.
- Market on social media.
 - Use the following hashtags: #HolyYoga #WeAreHolyYoga #ThisIsHolyYoga #HYRiseUp #ChristianYoga
 - Create graphics using Canva.
- Market locally to pastors, yoga studios, etc.
- Find sponsors to donate prizes for a raffle (optional).
- Get media coverage (see attachment "How to Get Media Coverage").

TO-DO DAY OF

- List of items to bring:
 - Waivers
 - Pens
 - Sign-in sheet
 - Donation box with cash for change.
 - Extra yoga mats
 - Sound system/speaker/extension cord/mic
 - Local Holy Yoga schedule
 - Flyer for cause



sample schedule

HOLY YOGA LIVE MUSIC FLOW — ARNESON ACRES AT 6:30PM

- 5:30pm: Local Instructors meet at park for setup
- 5:45pm: Sound check, assign tasks, and pray
 - Hospitality (extra mats)
 - Registration (waivers, sign-in, pens, schedules, flyers)
 - Donations (cash for change)
 - Food/water
 - Mat placement
 - Runner
- 6:10pm: Everyone in place to welcome
- 6:30pm: Intro Holy Yoga and Cause
 - Ex. Holy Yoga Intro: Welcome to this special Holy Yoga Event tonight. Many of you have practiced Holy Yoga before, as we offer 20 classes a week locally, in 10 different locations. Please grab a schedule after! Our hope is that Holy Yoga classes offer space for you to connect with God through breathe, movement, and meditation. We offer scripture based intentions and worshipful music to lead you deeper into your heart space, in the hopes that what we do here, would fill the world with more light and love and Jesus.
 - Ex Cause Intro: Tonight, we are raising money for Holy Yoga Foundation. We are in the midst of an IndieGoGo Campaign that will help support our ministry in India. We know that we can do small things with great love, and we want to encourage you tonight to make a donation of \$10, and to consider bringing 2 friends to a class in the next few days. All classes in our area will be donating everything we raise in our classes for the next 10 days! Alright, let's get going!
- 6:40pm: Class
- 7:30pm: Drawing for raffle prizes; announcements (local schedule, money raised so far, next event, etc.); snacks



sample class

CHILD'S POSE:

- Table/Cat/Cow
- Shoulder to Hip and Figure 8s
- Swimmer/Knee to Elbow/Dancer
- Down Dog/Heels to Sides/Bend Deep

FLOW

- Mountain/2 Sun A
 - R Foot Back, Drop Knee, Crescent Side Stretch, DD
 - R Foot Forward, Drop Knee, Crescent Side Stretch
- Sun B Dancing Flow [5 Breaths/Pose First Round, 1 Breath/Pose Second Round]
 - Chair/Airplane/Open Twist (3x) Crescent Lunge
 - Crescent Airplane/Crescent T Twist (3x) Warrior 2
 - Reverse Warrior Extended Side Angle Reverse Warrior Vinyasa
 - Child's
- Sun B Flow [5 Breaths/Pose]
 - Chair/Prayer Twist
 - Low Lunge w/ Knee on Ground Crescent Lunge
 - Revolved Crescent Prayer Twist Runners/Broken Monkey Vinyasa
- Tree Pose (or other balance postures)
- Hip Openers/Seated Postures
 - Half Sun to Crouch & Curl
 - Toe Balance or Yogi Squat
- Boat Pose (or other core postures)
- Backbends
 - Bridge
 - Circles on Sky with Knees
- Finishing Postures
 - Happy Baby
 - Reclined Pigeon & Twist
 - Legs Up Wall/Shoulder Stand/Deaf Man Corpse Pose