



# Fundraising Yoga Sessions

**Want to try some yoga and raise money for Barnet Mencap?**



Barnet Mencap are teaming up with a fantastic yoga teacher named Olga Levitt to deliver online **Zoom Chair Yoga classes** to raise money for Barnet Mencap.

**These will be every Monday in March from 11:15am-12:15pm.** This is a mixed ability class.

## **Here's what you need to do:**

1. Book your place now by emailing [\*\*olga@levitt.co.uk\*\*](mailto:olga@levitt.co.uk)

2. Make your donation to Barnet Mencap:

**Name of Account:** Barnet Mencap

**Account Number:** 00003446

**Sort Code:** 40-52-40

We recommend a minimum donation of £10 per class. Please make your donation referencing Olga's yoga class e.g. '**Smith Olga Yoga**'

Bookings are first come, first served. You will receive a Zoom link to the class the day before the session. Please mute yourselves. You also have the option to switch off your camera if you wish.

For more about Olga's sessions, head to:

[\*\*www.mindfulmeanders.co.uk/yoga-classes-1\*\*](http://www.mindfulmeanders.co.uk/yoga-classes-1)



Please note these sessions are not part of the Springboard/Fit2gether mailout. They are separate fundraising sessions.