



Frequently Asked Questions

With EMBODY YOGA day quickly approaching, we wanted to answer some frequently asked questions to make sure your day runs as smooth as possible.

Q. What Do I Wear?

Comfortable yoga or exercise attire. Wear company t-shirts or colours -- a fun way to create team spirit!

Q. What Do I Bring?

On the day of, you will need to hand in your fundraising donations. For funds raised online, print your online personal fundraising page and bring a copy on event day. Funds raised offline must be handed in. Bring in all of your team's completed pledge forms, cash and cheques. **A yoga mat will be provided for all participants, so please do not bring your own. Water, a continental breakfast and snacks will also be provided.**

Q. How long are the Yoga sessions?

There are three, 30 minute yoga sessions instructed by three different instructors, each followed by a 10 minute break. The first session will teach movements of Classical Hatha yoga, the second will teach Flow yoga, and the third will teach K'in yoga. Modifications for more difficult positions will be taught, ensuring everyone can participate.

You can participate in one, two or all three sessions.

Q. What if as an individual I am unable to raise the \$100 requirement, or if on a team every team member was not able to raise the suggested amount of \$125? Can we still participate?

A. We are confident that every participant can reach these fundraising levels and are pleased to offer support and advice so you can exceed this target. We recommend using the fundraising tools provided through your EMBODY YOGA profile you created when registering to encourage friends and family to sponsor your efforts.

Q. How do I qualify for incentive prizes?

Incentive prizes are awarded based on the level of pledges a participant/their team have received. While all participants will receive a yoga mat, they can earn more incentive prizes once reaching a target level of money raised. Please see the Incentives section on the main page for further details on incentive prizes available.