

Frequently Asked Questions

Q. How do I register?

You can register as an individual, create a new team, or join an existing team through our EMBODY YOGA website. Team sizes are a maximum of 8 people.

Q. How much is the event?

Individuals are expected to raise or donate the minimum required **\$100** in order to attend yoga. Teams are expected to raise the minimum of **\$1000** (or **\$125** each for a team of 8).

Q. What if I am unable to raise the requirement? Can I or my team still participate?

We are confident that every participant can raise or donate the minimum 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. 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 two 40 minute yoga sessions instructed by two different instructors with a 20 minute break in between sessions. Modifications for more difficult positions will be taught ensuring everyone can participate.

Q. How do I qualify for incentive prizes?

Incentive prizes are awarded based on money raised per participant. 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.

Q. Can I bring my kids?

Yes! We will have a Kid's Area for children ages 4-13 with complimentary Kid's Yoga Sessions, arts and crafts table set up and each child receives a free yoga mat they can take home! To register kids, please go to www.griffincentre.org/yoga and click 'Register your Kids' below or click [here](#).

Q. How much is parking?

Parking is **free** before 9 am and \$5.00 after for all day parking.

Further questions?

Feel free to contact Nicole Hart at 416-222-1153 ext 129 or nhart@griffincentre.org