

A photograph of two women sitting in a meditative pose on a yoga mat. The woman in the foreground is a Black woman with her hair in a bun, wearing a white t-shirt and grey leggings. The woman in the background is a white woman with her hair in a bun, wearing a pink tank top. Both have their eyes closed and a calm expression. The background is a plain, light-colored wall.

Take on a Yoga Challenge

Help end domestic abuse

women's aid
until women & children are safe

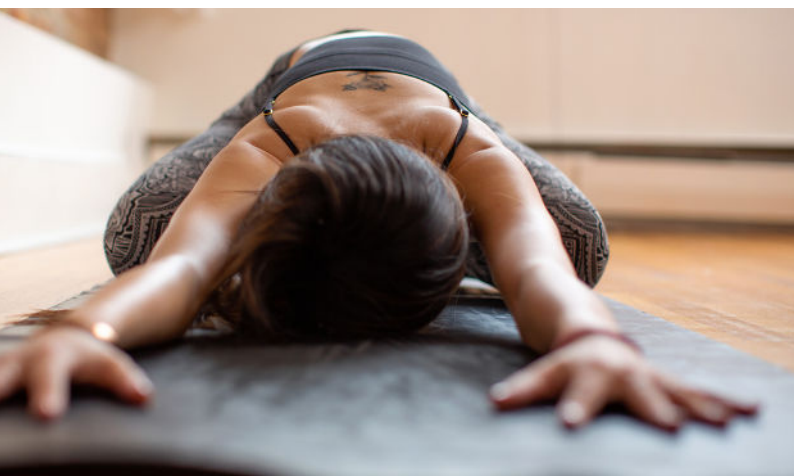
Try some mindful movement



Experiencing domestic abuse can have devastating and long-term consequences for mental wellbeing.

We found almost half of women in refuge services reported feeling depressed or having suicidal thoughts as a direct result of the domestic abuse they had experienced. However, we know this is likely to be the tip of the iceberg as often people feel stigma around disclosing poor mental health.

By choosing to take on a mindful challenge for Women's Aid, you can raise awareness of the barriers survivors face in accessing the mental health support they need and raise urgent funds for our services that provide daily help to women and children.



Yoga challenge checklist

Preparation is key! Having some comfortable, loose fitting clothes and creating a calm space where you're unlikely to be interrupted is a great way to set yourself up for success during the challenge.



Yoga mat



Comfy clothes



Water bottle



Relaxing music



Laptop or phone



Post yoga snack

If you need support, get in touch

[EMAIL US](#)



Beginner friendly yoga tutorials

For a 7-day challenge

This **7-day tutorial** from the wonderful @AriannaElizabeth offers a variety of yoga poses. Her channel provides plenty of advice perfect for beginners looking to expand their yoga horizons.

For a 14-day challenge

If you're committing to two weeks of daily yoga practise, this **14-day guide** from @TanaYoga offers a variety of practises, from feel-good vibes to relaxing stretches.

For a 30-day challenge

For those dedicated to a whole month of yoga practice, check out this **30-day journey** from @yogawithadriene. Her guide focuses on building up strength and flexibility while also restoring the mind.

Please note that these programmes are not affiliated with Women's Aid.

Alternative mindful fundraisers

If yoga is not accessible for you why not take on a meditation challenge instead? Practice mindfulness by following this 30-day guide from @AriannaElizabeth. Or download the app **InsightTimer** with contains thousands of guided meditations that you can filter by theme and length.

Our top tips for a safe yoga practise:



Listen to your body.

Yoga is not a competition—it's meditation in motion. Pay attention to your heartrate and breath. Stretch at first to avoid post-yoga body aches or muscle injuries.



Don't push yourself too far.

Don't buy into the idea that pushing yourself and feeling uncomfortable means you're doing it right. If you're wincing or your breath becomes irregular, hold back, and take a rest posture to let your body settle.



Talk to your GP.

If during or after the challenge, something doesn't feel quite right, get in touch with your doctor. If you have any pre-existing injuries or troublesome areas in your body, discuss taking on a new exercise program with your GP beforehand—especially if you're concerned about the impact yoga may have on your physical health.



Get your fundraising in motion!



Tip 1

Decide on logistics

Planning when you'll do your daily yoga session is a great way to set yourself up for success. If mornings and evenings are busy, could you find time in your lunch hour and get colleagues to join in?



Tip 2

Gather the gang!

Ask your flatmate, family member or partner to take on the challenge with you. Couples' yoga is a great way to build trust and have some fun! You could even try some of these [yoga poses](#) designed for two people.



Tip 3

Create a JustGiving page

You can set up your page in minutes by clicking [here](#). Include all the info required, a target for your fundraising and why you're passionate about the cause. You can use stats on our [website](#) to help.



Tip 4

Spread the word

Give friends and family regular updates about the challenge on social media. JustGiving allows you to share your fundraising page on your [social media](#) pages so they can easily donate to you.

We'd love to **send you a Women's Aid T-shirt** that you can proudly wear during your yoga challenge. [Drop us an email](#) and we'll get it in the post.

Let us know how you're getting on by tagging us in your social media posts. We're **@womensaid** on [Facebook](#) and [X](#) and **@womens_aid** on [Instagram](#) and [TikTok](#). Use **#TeamWomensAid** in your posts too.

If you're a trained instructor, we've also created a how-to-guide on setting up your own virtual or in-person movement-based class to help raise money. [You can find it here](#).



Contact us at:
fundraising@womensaid.org.uk



Find out more at:
www.womensaid.org.uk



How your money helps

Our work is only possible thanks to amazing fundraisers like you! Your support makes a huge difference.

10

£10 could help us put a woman in touch with her nearest refuge.

50

£50 could enable us to have 5 life-saving conversations with survivors.

90

£90 could ensure a woman is given ongoing support by our expert caseworkers.

120

£120 could run our online community space for survivors for a whole day.

“In the past, Women’s Aid have shown my family and I kindness and hope when we needed it the most.

I now live a life where I thrive, not just survive. Fundraising for the charity has been an incredible journey which I would recommend to anyone.”

Ali*, Women’s Aid Fundraiser



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Women’s Aid Federation of England is a registered charity in England & Wales (1054154)