

[Press Release – 19 February 2008]

## **Fundraising the easy way**

It's nice to be able to help a good cause without having to starve, run a marathon or climb a mountain.

Those clever people at the British Wheel of Yoga have found a way to raise funds by just lying down.

For two weekends in March they will be offering free relaxation sessions in four different venues.

They will be introducing stressed out Saturday shoppers to the benefits of yoga and raising money to match fund a grant to purchase yoga centre premises in Knaresborough

The British Wheel of Yoga approved regional centre was founded in 2004 by British Wheel of Yoga teacher Laura Bissell and it provides yoga classes and teacher training plus free yoga sessions for adults and children with disabilities.

Laura Bissell, British Wheel of Yoga Regional Officer for Yorkshire and Humber, said. "We want people to experience the joy of yoga and experience the benefits of relaxation. All of the teachers are British Wheel of Yoga trained and have volunteered their time to support the centre."

Yoga is increasingly recognised as an enjoyable and effective way to improve health, increase fitness and help reduce stress.

All you have to do is come along – no booking required – and enjoy a half hour session of bliss in a hectic world. Sessions start every hour 'on the hour' at the places and times listed below.

### **SATURDAY, 1 MARCH**

**Knaresborough**, Yorkshire Yoga & Therapy Centre, 9-10 Halfpenny Close, 10am-4pm

**Ripon**, The Golden Lion (back room), 69-70 Allhallowgate, 10am-3pm

### **SATURDAY, 8 MARCH**

**York**, Bootham School Hall, car park-end of Portland Street off Gillygate, 1-4 pm

**Leeds**, All Hallows Church Hall, 24 Regent Terrace, Burley, Leeds 2-4 pm

For more information about the events or to make a donation to the fundraising campaign, please contact Yorkshire Yoga on 01423 864343 or email [info@yorkshireryoga.co.uk](mailto:info@yorkshireryoga.co.uk) or visit [www.yorkshireryoga.co.uk](http://www.yorkshireryoga.co.uk). To find out about yoga classes in your area, please visit the 'Find a Local Teacher' page on the British Wheel of Yoga website [www.bwy.org.uk](http://www.bwy.org.uk).

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## **NOTES**

### **About Yorkshire Yoga & Therapy Centre**

The Yorkshire Yoga & Therapy Centre opened in the autumn of 2004 and is affiliated with the British Wheel of Yoga, recognised by the Sports Council as the governing body for yoga. It is the British Wheel of Yoga Approved Regional Centre of the North. Laura Bissell and the staff of specialist yoga teachers are fully qualified teachers and fully insured.

Yorkshire Yoga is a not-for-profit organisation offering yoga for the whole community with classes for all ages – ranging from antenatal yoga to baby yoga, after-school sessions for children and teens and a wide variety of classes for young adults to old age pensioners. The weekday crèche answers the prayers of most young mums. Yorkshire Yoga is for all abilities -- from the most able-bodied Ashtanga practitioner to the disabled.

Yoga students can be assured of instruction that meets individual specific needs in surroundings that offer a relaxing haven away from the stresses of modern life. The 1000 s.f. studio is in its own building with plenty of car parking. The premises are dedicated solely to the practice of Yoga, so there is no disturbance from other sports/activities prevalent at health clubs or traditional village halls. The studio is fully equipped with yoga mats and accessories although yoga mats, yoga clothing, books and equipment are available for purchase in the yoga shop.

### **About The British Wheel of Yoga**

The British Wheel of Yoga (BWY) is the National Governing Body for yoga in the UK, and has been recognised as such by the Central Council for Physical Recreation (CCPR) and Sport England since 1993.

The BWY prides itself on the high standard of its work as the largest yoga membership organisation in the UK and a premier yoga education provider.

There is a nationwide network of over 3,000 qualified teachers and offers a range of courses to enable members to learn more about yoga including foundation courses, teacher training, and personal and professional development modules.