

## **14 Days of Yoga for East Cheshire Hospice #YogaForECH**

### **Yoga Challenge FAQ's:**

#### **Registration**

##### **Is registration free?**

- Absolutely! Registration for this challenge is entirely free. We prefer for our participants to focus on raising funds for East Cheshire Hospice.

##### **When will I get my t-shirt and fundraising pack?**

- Allow 10-14 business days post-registration. For peace of mind on delivery, email us at [fundraising@echospice.org.uk](mailto:fundraising@echospice.org.uk).

##### **I don't want East Cheshire Hospice to send me anything. Can I still register and not get the t-shirt?**

- Absolutely! If you register, just tick the 'No T-Shirt' option. It's all about your preferences.

##### **Is there a deadline to register?**

- We suggest registering before the second week of September for the optimum Yoga challenge experience.

##### **Is there an age limit to take part in the challenge?**

- There is no age limit for this challenge, but if you're under 18, we recommend completing this challenge with a parent or guardian.

#### **Donations**

##### **Can I donate to my own page?**

- Yes! Leading by example is a great strategy. Donating to your own page typically encourages others to follow suit.

##### **Can one person donate more than once?**

- Absolutely! There are no limits on how many times someone can show their support.

##### **My friends don't have Facebook. Can they still donate to my fundraiser page?**

- Unfortunately, no. However, sponsors can make a bank transfer to you, and you can put the transferred monies onto your Facebook fundraising page.

##### **I have Facebook, but I don't want to use it to fundraise...**

- No worries! You can fundraise for this challenge through JustGiving. We still recommend that participants, join our 14-Day Yoga Challenge Facebook page for updates. [Click here to make your JustGiving page.](#)

### **How much do I have to fundraise?**

- We ask that those participating in the challenge aim to raise a minimum of £50. Every penny counts toward supporting our end-of-life care services.

### **My friend donated with the wrong amount. Can you arrange a refund?**

- Facebook have their own procedure for arranging refunds. Please follow the instructions here. ([Request a refund for your donation on Facebook | Facebook Help Centre](#))

### **My page still has no donations. How do I make people donate?**

- Keep everyone in the loop with daily updates and photos on social media. Donate to your own page to show support and share why fundraising for East Cheshire Hospice matters to you.

### **I have collected money offline – how can I send these donations to East Cheshire Hospice?**

- Donate the offline amount online or mail a cheque to East Cheshire Hospice, Millbank Drive, Macclesfield, SK10 3DR.

## **T-Shirt**

### **My T-Shirt hasn't arrived yet. When can I expect it to be delivered?**

- Allow 10-14 business days. If you still haven't received your t-shirt, please reach out to [fundraising@echospice.org.uk](mailto:fundraising@echospice.org.uk).

## **About the Fundraising Page**

### **Where do I set up my Facebook fundraising page?**

- [Click here](#) and follow the instructions. If you're having trouble doing this, please contact [events@echospice.org.uk](mailto:events@echospice.org.uk) for assistance.

### **Is my fundraiser page public?**

- Yes, once set up, anyone can donate and share.

### **Can I edit the information to make it in memory/tribute of my family member/friend?**

- Absolutely! Use the 'edit' or 'manage' button on your fundraiser page.

### **My page has ended. How can I fix this?**

- Unfortunately, completed pages can't be reactivated. Create a new page and combine totals raised.

### **Can I share my page outside of Facebook?**

- Yes! But donations must be made by those with a Facebook account, unless you are fundraising with a platform that isn't Facebook (i.e. JustGiving).

## About This Specific Challenge

### What are the benefits of yoga?

- Yoga can help you cope with stress and improve well-being, as well as help develop flexibility, strength, balance, and coordination.

### I haven't done yoga before. Can I take part?

- Yoga is for everyone! This is your challenge, and you can do it any way you like, to suit your needs and abilities.

### What happens if I skip a day?

- As much as we'd like you to practice every day, we understand that sometimes life has other plans. If you've skipped a day, just try again tomorrow. The important thing is to give yoga a chance and raise vital funds for East Cheshire Hospice.

### How do I track my progress?

- Download and print the daily tracker from the download on our website. Share your journey on your fundraising page.

### Can I do more than the target?

- Absolutely! If you're exceeding your goal, make sure to share it with your sponsors. They might increase their support!

### What if I fail to complete the challenge?

- Life happens. No pressure. Your willingness to partake in the 14-Day Yoga Challenge is appreciated.

### If I get injured, can I finish later or give up?

- Seek medical advice, prioritise health, and follow guidelines.

### Do I have to provide proof of completion?

- No need, but we love seeing your photos! Share your progress on your fundraising page.

### I am feeling sore/tired. Can I stop for one day and keep going later?

- Absolutely. Rest, stretch, seek medical advice if needed.

### What if I can't complete the challenge?

- No worries. Life happens. Your support and effort in raising awareness are appreciated.

## Safety Advisory

- Go at your own pace.

- Seek advice from your GP if concerned. Prioritize safety and well-being during the challenge.