

Warriors
for Women



About Warriors for Women:

Find out all about it here www.ourmala.com/warriors-for-women/ but in summary:

We're calling all yoga teachers, studios (really -- anyone who'd like to support the mission) to organise your own #WarriorsForWomen yoga class or event any time before the end of April and enable your practice to give yoga to people forced to become refugees and seek asylum.

Warriors for Women is OURMALA's annual campaign that runs through March over International Women's Day. It's a special time, when the yoga community can use its practice to really help people who are refugees and asylum-seekers, including survivors of trafficking and modern day slavery. OURMALA provides these people with a safe space to breathe and specialist trauma-informed yoga, a welcome community and other wrap-around services to help them integrate and move on with their lives.

A couple of years ago, we worked with 150 people over the year. Last year we worked with 714 + children. Our model has been replicated in Australia and internationally, yoga practitioners are increasingly asking us for advice about good practice for working with yoga and this group.

Warriors for Women enables anyone who wants to support this mission to join in. It's also a celebration of yoga itself; of the branches and blossoms that grow as our roots deepen in practice and the power yoga gives us to make positive change – TOGETHER AS A COMMUNITY – when our hearts, heads and actions align.

You don't have to own your own yoga studio, or even work at one and we welcome men to take part! Be creative and resourceful, and devise your own Warriors for Women setting.

And, if you do run a studio, fancy dedicating a class to our cause?

All the money you raise will help some of the most marginalised, vulnerable members of our society. Most are recovering from atrocities such as torture, gender based violence and trafficking and modern-day slavery.

We need everyone holding an event to pre-register at www.ourmala.com/warriors-for-women/ so we can send out the special donation link. We'd also love to connect on social media and you will receive more info and a promotional toolkit.

Together we can make a very real difference. We are so very grateful for your support.

Massive thanks and love,

Emily and all at OURMALA xx

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Other ways you can help!

1. Tell all the yoga and meditation teachers you know, and studios, about Warriors for Women and ask if they'd like to put on an event any time in March or April.

We strongly advise getting a handheld device that accepts contactless card payments like 'Square'. Super easy to set-up and use.

However, if you're collecting donations in cash, we strongly recommend telling people in ADVANCE to bring cash to the class as so many are cash free now. The teacher then collects the cash and donates it to OURMALA via the special link we will email in due course.

2. Promote the campaign on your social media channels and SHARE Ourmala's posts

This really helps raise awareness and the number of people who actually get involved to lend a hand.

- Use the hashtags #Ourmala #WarriorsForWomen

3. Know any company that might like workplace yoga?

Tell them about our service: they get great yoga and more relaxed and productive staff whilst making a wonderfully positive difference in their local community.

<https://www.ourmala.com/workplaceyoga/>

4. Ask your students to like OURMALA on social media and share our posts

A free and easy way of helping the cause and raising awareness! Seva and taking action in compassion is part of yoga practice off the mat as we know you are so aware, so if people would like to support us, we'd really love them to join #WarriorsForWomen and be involved.

If you have any questions at all, please don't hesitate to contact us. We really love to meet new like-minded people and companies and work together. As a small charity, OURMALA is all about people stepping-up and taking action. What started as a small project in 2011 has grown to a movement now it's all thanks to the support of people like you. Such great thanks again and if you'd like to talk, we're just down the road at hello@ourmala.com