



kiss my asana[®] YOGATHON

Every dollar raised provides...

- Free access to live adaptive yoga classes 7 days a week for hundreds of people globally.
- No-cost access to a 300+ video library of practices for students, teachers, and caregivers.
- Real-time connection for students worldwide through live gatherings and community spaces.
- Connection, support, insight, and hope in the daily lives of people living with disability.



\$25 Shows your support for MBS' work and helps keep offerings free for people living with a disability around the world.



\$100 Provides one online adaptive yoga class that builds community, hope, and healing for people worldwide.



\$500 Supports live programming: quarterly Yoga, Disability, & Transformation sessions, Monthly student meetings, Circle Platform, Bookclub, and the Mind Body Story Substack Page.



\$1000 Supports the MBS' digital library, including full-length classes, tutorials, and other resources so people worldwide can benefit from yoga and mind-body practices.

mindbody
SOLUTIONS

A 501 (c)3 Non Profit