

# Autumn Equinox Yoga Day



**Sunday Fundraiser**  
**22nd September 2024**  
**10.30am till 3.30pm**

**Glazert Country House Hotel,**  
**25 Milton Road, Lennoxton, G66 7DJ**



Group Recovery Aftercare Community Enterprise is a  
Scottish Charitable Incorporated Organisation No: SC043551



# GRACE Community Yoga

## Autumn Equinox Yoga Day Report



### Venue

Glazert Country House Hotel, Lennoxtown

### Cost

£30 per person

### Aims

- This event is a fundraiser for GRACE
- It is to provide an opportunity for all those members from the four GRACE Community Yoga classes, who wished to attend, to get together for the first time to celebrate the Autumn Equinox through our practice.
- To offer a balanced yoga programme suitable for all, which will enhance stability, grounding and nurture for the body and mind in this time of seasonal change.

### Financial Report

#### Income

Number of participants - 22	
Entrance fees paid – 22 x £30	£660.00
Donations received prior to the event	£125.18
Donations received following to the event	£6.18
<b>Total</b>	<b>£791.36</b>

#### Expenditure

Cost of items purchased for event	£65.18
Lunch for 24 people	£156.00
Hire of hall	£75.00
Additional lunch, fresh fruit and gratuity	£30.00
<b>Total</b>	<b>£326.18</b>

<b>Total profit after expenditure</b>	<b>£465.18</b>
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*Receipts available on request*

## Programme for the Day

### Morning Session

Welcome and introduction to our facilitators Liz McVey, Anne Ballentyne and Lorraine Gray, and volunteers Sandra Hearty and Margaret McKenna.

The morning programme focused on Balance and Strengthening postures to encourage an awareness of the body in the present moment by parking and centring mind and body through exercise, culminating in a supine Tree posture to link with Autumn and the sequence of clearing the mind, just as the tree clears itself of leaves. This was followed by a series of exercises to focus on the health and suppleness of the joints. "A Home Practice" was distributed to inform the class for their home use. The benefits of Foot Rolling, with the little ball supplied in the gift bag, was introduced. There followed several strengthening postures and flows: Sequence of the Radiant Heart, Warriors, Crocodile and a Dynamic Bridge working spine and shoulders.

A morning Relaxation brought the session to a close and set the group up for a convivial, chatty finger buffet lunch thoroughly enjoyed by all.

### Afternoon Session

The aim of the afternoon session was to further inner wellbeing and self-nurture, starting with a fun session of Face Yoga and a raffle. There followed a set of gentle Activations to prepare the body for Dru Energy Block Releases 4 and 5, a series of postures which flowed through the whole body with an emphasis on the spine and limbs. A Flowing Balance Sequence led to a Restorative Bridge, symbolic of the passing seasons and then a calming Pranayama Breathing Sequence. The day finished with an extended period of non-sleep deep relaxation, Yoga Nidra, to complete this day of developing Strength, Stability, Grounding and Nurturing of body and mind.

### Feedback

Participants were asked to complete a feedback form. The results showed all participants were very satisfied with all areas of the day's organisation and content. Some comments are shown below.

**"The atmosphere was really warm and friendly, lunch was great, I think I fell asleep at relaxation"**

**"Came away from the day very happy and chilled"**

**"Brilliant Fantastic Day, really a great day, wonderful with all the instructors"**

**"Excellent Day! Felt so good afterwards"**

**"Enjoyed the day, it was varied in our yoga programme, well done to the organisers and instructors in class. Look forward to another social get together"**

**Thanks are due to all facilitators, volunteers and staff, who helped to make the day a successful one.**