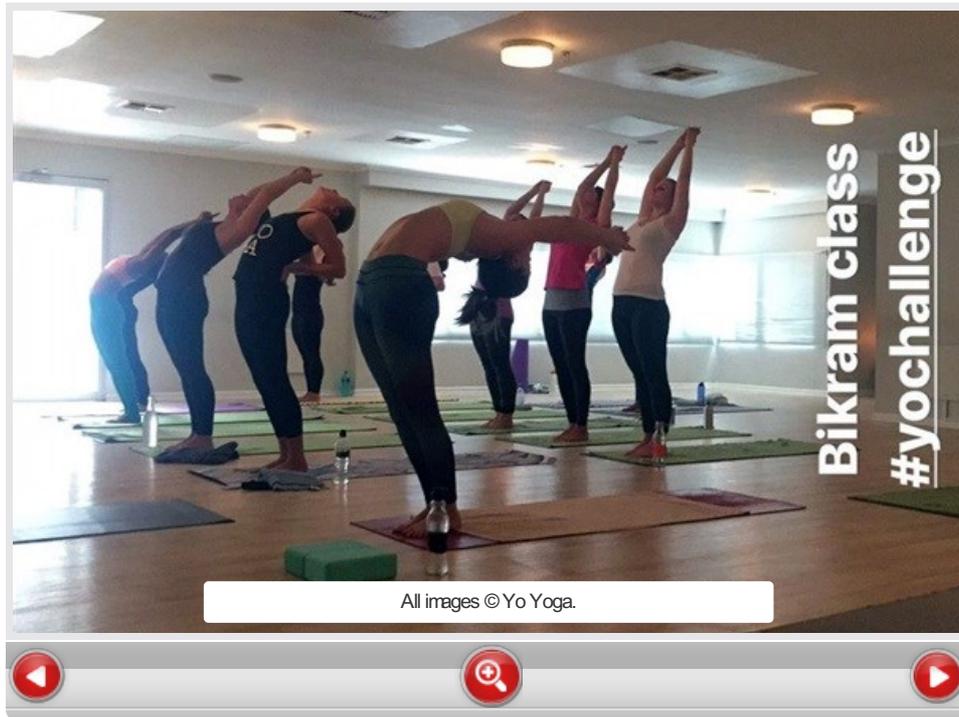


## Bite-size bikram for a good cause

 By Leigh Andrews

21 Jul 2017

The problem with taking a stand in July, even if you do so for a host of #MadibaDay and #CSIMonth initiatives, is that these are usually limited to just that one day of the year. Here's how you can stretch your body - and your wallet - to uplift others this August.



On 20 July 2017, a wet wintery day of note, an impressive gathering of Cape Town's bloggers and media influencers gathered at Yo Yoga in Cavendish Close for an introductory session of bikram yoga (at just 40 minutes as opposed to the usual 75 in a studio heated to 45° – positively steamy) as part of Yo Yoga's 21-day yoga challenge media day. It left us stretched, clear-minded and shall we say 'glowing', as all attendees were female – our way to inner peace.

You can do so too, by taking part in the challenge that kicks off on Tuesday, 1 August and lasts for three weeks. That's the same length it takes to form a habit if you've [firmly cemented the basics](#), some say, so who knows, you may be starting a lifelong wellness movement.

This charitable yoga style, known as *seva* or service yoga, serves the added benefit of cleansing your karma.



## Putting mindfulness into the boardroom

24 Apr 2017



In a class where the newbies were guided through the exact movements while old hats were free to perform the advanced versions of those by flexing, *Namaste*-ing and bending, we made our way through eagle pose, tree pose and more, relishing the times we got to lie flat on the mat and focus on our breathing.

## Charitable challenge

The challenge is as simple as attending 21 classes at Yo Yoga in 21 days, and getting your loved ones to either sponsor you an amount for each class attended or make a one-off donation in your name. Doing so will raise funds for the Red Cross War Memorial Children's Hospital and go towards the purchase of beds, 24/7 nursing and life-saving equipment for its new paediatric intensive care unit or PICU. All funds raised will go to the hospital, and those who complete the challenge also stand the chance of winning prizes, goodie bags and Yo Yoga Champion medals. It's a win-win!

“ A little snippet of the message from [#redcross @chtrust1](#) at today's [@yoyogaCT #YoChallenge](#) media class. More on [@Biz\\_CSI](#) soon! ♡♀♣#CSIMonth [pic.twitter.com/KWQfH8llvI](https://pic.twitter.com/KWQfH8llvI)— Rambling Litchi (@Leigh\_Andrews) [July 20, 2017](#) ”

[Click here](#) to make a donation, [here](#) to sign up with Yo Yoga and [here](#) to request the donation list if you're already an active member of Yo Yoga. You'll be enriching your own life and those of little ones in need of intensive care.

## ABOUT LEIGH ANDREWS

Leigh Andrews AKA the #MilkshakeQueen, is former Editor-in-Chief: Marketing & Media at Bizcommunity.com with a passion for issues of diversity, inclusion and equality, and of course, gourmet food and drinks! She can be reached on Twitter at [@Leigh\\_Andrews](#).

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