



# #TreePoseForTrees

## Yoga Creativity Life

Founder, Clare Waldron is a London based yoga teacher, ayurvedic therapist and Women's Workshop facilitator. Clare has BSC Honours in Environmental Science and is vegan - choosing to make less impact on the planet and the animals. Her mission is to take less and give more by raising awareness and money for TreeSisters and Trees For Life charities through our social media campaign: #TreePoseForTrees.

## Our Vision

We want to raise awareness of the importance of trees, raising money for tree planting charities and inspiring others to give back to our wonderful Earth. We believe that through yoga we can gain a deep understanding of our interconnectedness to the world and we want to take yoga off the mat and into the world.

“ I love trees (how can you not!?). I love being around them as they allow me to rest and recharge when I'm out of sorts. They inspire me in an artistic way and if I meditate around them I can feel their wisdom ”

## Why Trees

Trees are so important as a habitat and food for many species, for clean air and oxygen, a carbon sink and also as a livelihood for many families around the world. Tree pose in yoga balances, strengthens and grounds us with a real practical and positive effect in the external world off that mat. We can really do something positive for these wonderful life sustaining and inspiring Earth beings; the trees.



## Our Chosen Charities

We will be donating money raised from our campaign to Treesisters and Trees For Life. TreeSisters are already raising money for trees, bringing women together to take unified action on their own healing as well as giving back to the Earth. They are connected with an amazing project in India and have already raised enough money to plant 15,000 trees! Trees For Life mission is to restore the Caledonia Forest in the Scottish Highlands, one of our most important ecosystems providing home to our beautiful wildlife. The charity engages volunteers of all ages, providing education and experience to those involved. Their aim is to inspire projects like this across the UK and around the World. Both charities already have the infrastructure to make things happen and we want to bring more awareness and financial support through our #treeposefortrees campaign.

*“I came up with the idea of Tree Pose For Trees as I have worked as a yoga teacher in many schools around London, and the posture that children loved the most was the tree ...I found myself doing tree a lot!!”*

## How Can You Get Involved?

Take a picture of yourself in tree pose, be creative, be wild and be adventurous. Your tree pose can be wherever or with whoever you like (as long as you are safe). It doesn't matter how old or fit you are, whether you are a total beginner or experienced just kick off your shoes and smile! Share your tree pose on social media using the hashtag #treeposefortrees and donate £2-£10 to our Virgin Giving page which will automatically split your money between TreeSisters and Trees For Life. Make sure you nominate 5 people to do the same. Each and every one of your tree poses will represent a tree that has been planted around the world. **So, what are you waiting for?**