

# Driveway Yoga



Join your neighbors for a relaxing and invigorating yoga session right in the comfort of your own driveway! This community event is perfect for all skill levels, providing a peaceful way to connect with neighbors and promote wellness.

#### Budget

\$150 - \$500

#### Difficulty Level

Easy

#### Location Suggestions

- Neighborhood driveways
- Front yard
- Closed street (Block Party Permit required)

#### City Support

- [Mini-Grant funding](#) is available!
- Staff can connect you with yoga organizations!

## Material List | Estimated Cost

- **Yoga supplies - Buy or neighbors bring**
  - Yoga mats | \$20 each
  - Towels | \$10 each
  - Yoga bricks | \$6 each
- **Refreshments and food | \$70**
- **Portable speaker | \$50**
- **Rented tables and chairs | \$40**
- **First aid kit | \$25**
- **Optional:**
  - Yoga instructor | \$75-100 per session
  - Block Party Permit

 1-2 Months Before Event

## Step by Step | How to Plan this Event

### 1 Set a Time and Location:

Choose a **convenient time and location**, considering:

- Participants' schedules
- How much space you'll need
- Spots in your neighborhood that are quiet and calming

### 2 Obtain Any Necessary Permits and Permissions

If you're closing a residential street, you will need to apply for a [Block Party Permit](#) for an eligible street.

### 3 Find and Hire an Instructor

You can **lead** the yoga on your own, or you can **hire** a local instructor! If using an instructor, book them in advance.



 3 Weeks Before Event

## 4 Gather Supplies

**Purchase or gather** yoga mats, towels, water bottles, snacks, and any other necessary supplies. *You can also ask your neighbors to bring their own yoga supplies!*



## 5 Confirm Details

Confirm the **date, time, location, and any hired instructors**. Maintain contact about any event updates.

## 6 Make a Yoga Routine

**If you're not hiring a yoga instructor, make your own routine!** Research poses that match the skill level of your neighborhood.



## 7 Create Music Playlist

If not using an instructor, **create a calming music playlist for the session.**

- There are relaxing ambiance playlists available for free on YouTube, Spotify, and SoundCloud.
- Try making your own playlist with ambiance sounds and calming music!

## 8 Promote Event

- **At Least 3 Weeks Before | Social Media and Email:** Post on Nextdoor, Facebook, and/or Instagram. Email guests if possible.
- **1 Week Before | Flyers:** Go door-to-door. Design flyers, postcards, or personal invitations.
- **1 Day Before | Reminder:** Send out a reminder message on social media or by email.



 Day-Of Event | 1 Hour-45 Minutes Before

## 9 Set Up

**Arrive early** to arrange yoga mats, speaker, refreshment and food station, and any shading.

 Day-Of Event | Start of Event

## 10 Start the Session

**Greet participants as they arrive!** Begin with a brief introduction and then start the yoga session. Ensure everyone is comfortable and provide assistance as needed.



## 11 Wrap Up

**End the session with a cool-down period and thank everyone for participating.** Invite neighbors to stick around and enjoy the refreshments!