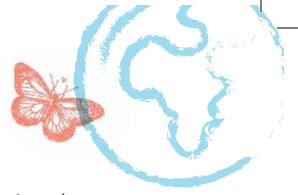


## FRIDAYSFORFUTUREYOGA – WHAT DOES IT MEAN?



**FridaysForFutureYoga** is a movement of yoga teachers who make a commitment to donate the earnings of a yoga class every Friday to an environmental protection organization.

Societies and associations which fight for environmental and climate protection shall be financed regularly and in the long run.

Worldwide leading scientists issue warnings that we only have nine to twelve years to actively protect our climate in order to stabilize global warming to 1.5 °C. Even just half a degree more would increase the risk of droughts, floods, extreme heat and the destruction of livelihoods of hundreds of millions of people immensely.

We yoga teachers need to stand up and do as described in the ancient yogic writings of Bhagavad Gita and the yoga sutras of Patanjali.

**Acting by the yogic principles:  
peaceful, imperturbable and long-term.**



## HEY YOGA TEACHER! WHAT CAN YOU DO?

Lead a **FridaysForFuture-yoga class every Friday** at your yoga studio, your gym, your community center or your living room.

Donate your earnings to an environmental organization which can stand up for climate protection meaning the preservation of our woods and water, for clean air, for biodiversity and last but not least for the welfare of humans and animals.

## HOW CAN YOU ORGANIZE A FRIDAYSFORFUTURE- YOGA CLASS?

You can find everything you need to organize and advertise for your FFFY-class on our website [www.fridaysforfutureyoga.com](http://www.fridaysforfutureyoga.com): logo, flyer and posters – freely available.

List your FFFY-class on [www.fridaysforfutureyoga.com](http://www.fridaysforfutureyoga.com).

That's where you will also find addresses of licensed environmental protection organizations to donate for.

Support actively the climate policy of those brave children and young adults throughout the FFF-movement.

**Start now and initiate a positive cycle!**



OM SHANTI.