



Thank you for your interest in the April 2018 Service Project and Cultural Immersion in Haiti. In December of 2014 Remise Belizaire completed her 100 hour TIMBo training and was so taken with the program she dedicated herself to spreading TIMBo through Haiti. Since then Remise has founded her own organization, trained additional facilitators and worked to create access to TIMBo among some of the most vulnerable communities in Haiti. We know that we can help Remise Belizaire grow her team of TIMBo facilitators and successfully increase the number of women accessing TIMBo in Haiti where currently 30 TIMBo groups are seeing more than 600 women access the healing power of TIMBo each week. Remise and her core team of facilitators need additional training to strengthen their skills and confidence and this service project will give them an opportunity to facilitate the TIMBo program to you (our fundraisers) while being coached and mentored by our U.S. TIMBo training team. The goal of this project is to increase the number of women accessing TIMBo each week from 600 to 1200 by the end of 2018, **and we can only do that with your help.** I am here to support you with your fundraising for this once-in-a-lifetime experience. You will form strong bonds with your fellow travelers, make beautiful connections with the women of Haiti and participate in local TIMBo groups in select regions of the country so you can see for yourself the amazing work Remise has started—it is our sincerest desire to end this trip with an optional 2 night beach vacation. We know this experience will touch your life forever and leave you feeling inspired and hopeful!

Below is a sample itinerary for our trip. Please know this is subject to change based on available funds and booking availability.

Day 1: Arrival at Port-au-Prince Guesthouse

Dinner

Orientation Meeting

Day 2: Morning yoga

Breakfast

Morning TIMBo sessions (Meet Haitian Team)

Lunch

Afternoon TIMBo sessions

Dinner

Day 3: Morning yoga

Breakfast

Morning TIMBo sessions

Lunch

Afternoon TIMBo sessions

Dinner

Day 4: Morning yoga

Breakfast

Morning TIMBo sessions

Lunch

Visit to Haitian Historical Museum/Rum distillery

Dinner

Day 5: Morning yoga

Breakfast

Trip to Haitian Market

Lunch

Afternoon TIMBo sessions

Dinner

Day 6: Morning yoga

Breakfast

Morning TIMBo sessions

Lunch

Visit local TIMBo groups

Dinner in Petion Ville

Haitian Dance party!

Day 7: Morning yoga

Breakfast

Trip to Mirebalais (visit local TIMBo groups, Zanmi Lasante hospital)

Lunch

Free afternoon

Days 8: Return home

or optional 2 night [beach vacation](#)

Day 9: optional beach vacation at [Kaliko Beach Club](#)

Day 10: Return to Port-au-Prince and fly home

We offer a fundraising guide with suggestions on how to reach your \$5,000 goal; if for some reason you are not able to make your goal, the money that is donated to yogaHOPE stays with yogaHOPE, and still supports our programming, but we do believe it is possible for everyone to raise enough to qualify for the trip if they are determined and consistent.

Most of your money will come from individual asks, facilitated through social networks like Facebook and personal emails

We suggest linking to a personal fundraising page you will set up via Firstgiving. Here is an [example of one](#), from someone who well-exceeded her goal for a trip to Haiti. And here is [another page](#) from someone who raised almost 10k for a training trip to Haiti. Watch this [short film](#) to see our successful fundraisers talk (from Haiti) about their experience of the first projects in Haiti.

We will be sharing some documents that will help you with your fundraising, and will be creating a Facebook group for all of you so that you can support one another in keeping the eye on the prize! We will also hold regular zoom meetings so that we can help keep each other motivated and excited about our end goal! Each person's efforts in raising their goal is crucial and checking in regularly will be important. Fundraising for a project like this does require *personal commitment to your goal* first and foremost, and it does take effort but it is completely doable!

I hope you find this email helpful and encouraging. Next I will go over the general timeline.  
Tentative travel dates are April 7-14 (with option to extend 2 days):

Before February 1: Secure all fundraisers

- All deposits (\$250) received & contracts signed
- Fundraisers complete developing FirstGiving fundraising page
- First Google Zoom meeting conducted (we all meet each other!)

Now-March 21st: Fundraising Time!

- Support emails and meetings regularly scheduled to help you fundraise
  - Get to know Remise and her team via our Facebook page (to be created)
- Introduction to your travel coordinator(s) who will help with travel details:
  - Flights
  - Packing lists
  - Important Travel Info
  - Answering your question
- All money in to TSNE

March 21st- April 5th: Getting ready to go!

- Final details (all goals should be met and money in by March 21)
- Regular communication with travel coordinator
- Let's go to Haiti!

If you are thinking "Sign me up!" Then below are the next steps.

If you are ready for the next step just send us an email ([yogahope@gmail.com](mailto:yogahope@gmail.com)) letting us know you are ready! Remember, we need to know by February 1<sup>st</sup> who is committed to this trip so sign up now to get your name on the list and get your fundraising page ready to go.

Next steps:

1. You will be receiving a fundraising **contract and waiver** to sign. Once you sign the contract and get your deposit of \$250 in you are guaranteed a place on this trip provided you reach your fundraising goal of \$5000.

2. Once you sign the contract you will receive a **fundraising guide** document that will help you create your FirstGiving fundraising page. We have a lot of videos, pictures, stories, testimonials etc that you can use on your page.

You will receive lots of helpful hints like: "Keep in mind that the best way to fundraise is by creating smaller goals. Divide your \$5000 goal amount into smaller chunks and creates smaller campaigns. For example: To reach your first milestone of \$3000 you can set a goal of getting 100 people to donate \$30 in 30 days. You can name this campaign something catchy like "100 in 30 for Haiti" Then you have an excuse to send out emails and social network posts counting down from 100 with posts like- *Thank you to the 80 people who have already donated! I only need 20 more people to donate \$30 to reach my first goal of \$3000! That's less than it costs to take 2 yoga classes :)*

3. Once we receive all contracts from fundraisers we will begin our campaign in full force! Note: Many of our travelers have started fundraising, it is never too early.

I hope this information is helpful to you and I hope to hear from some of you saying "sign me up!" Take it from me, you will never forget this experience and will be glad you put the hard fundraising work in to make it a reality.