



PRESENTS

**EMBODY
YOGA**

JOIN THE MOVEMENT FOR MENTAL HEALTH

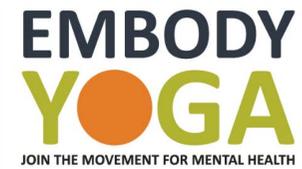


JOIN US

March 5, 2023



PRESENTS



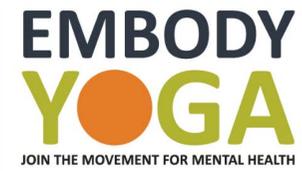
ABOUT LUMENUS

Lumenus Community Services is one of Ontario's largest community agencies providing mental health, developmental, autism and early year intervention services to the infants, children, youth and families across the Greater Toronto Area.

Our Mission: Transforming lives and building brighter futures through caring experiences.

Our Vision: We illuminate a seamless pathway to optimal wellbeing through high-impact mental health and developmental services and strong system leadership.

At Lumenus, we remove barriers our clients face on their road to wellness. We push open the doors that feel heavy, and give all of our clients their chance **to be seen, be heard, and be well.**



ABOUT EMBODY YOGA

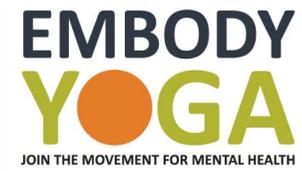
EMBODY YOGA is a family friendly fundraiser accessible to all individuals. Participants raise money by collecting pledges and participating in a yoga session.

WHEN: March 5, 2023

WHERE: Live at Ontario Science Centre

TIME: 8am to 11:00am

Learn more: [EMBODY Yoga](#)



WHY PARTICIPATE IN EMBODY YOGA

Because you can make a difference...

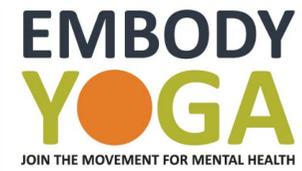
Too few children, parents, youth and young adults get the mental health and developmental help they need when they need it.

When you give to Lumenus, you help change that. With your help we can illuminate pathways for individuals and families so that they don't fall through the cracks. Whether it is a caregiver with a dependent in a mental health crisis, a 2SLGBTQ2+ teen needing secure housing, a parent with a child with developmental challenges, you are supporting members of our community.

Your support allows Lumenus to build capacity and reduce barriers to system access, so that we can offer much needed support sooner to those that feel alone or misunderstood. Your help can light a bright future for an individual in crisis.

Help us reach our goal of \$150,000. Participate in EMBODY YOGA and help Lumenus ensure that clients can be seen, be heard and be well.





HOW IT WORKS

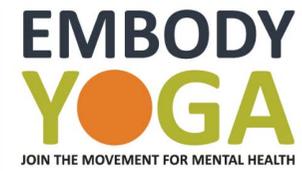
Register as an individual:

- 1) Register online
 - 2) Raise money and earn incentives (individuals must raise a minimum of **\$125**)
 - 3) Join us for EMBODY YOGA on March 5
-

Register as a team:

- 1) Select a Team Captain
 - 2) Register online
 - 3) Build a team up to 8 people
 - 4) Raise money and earn incentives (teams must raise a minimum of **\$1,250**)
 - 5) Join us for EMBODY YOGA on March 5
-





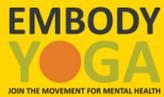
WHY SPONSOR EMBODY YOGA

Money raised through EMBODY YOGA will help fund our over 120 programs and services. These resources are used to support our programs and services to ensure Lumenus program delivery is at the highest level possible.

Lumenus provides supports to infants, children, youth and families by offering a diverse and comprehensive range of programs and services. By supporting EMBODY YOGA you are raising funds to ensure that our 120 programs and services have the resources they need to support our clients. Our ability to deliver high quality programs and services allows us to lead the way for more clients on their journey back to wellness.

With the unexpected nature of the post-COVID world, having resources available to allocate across our organization allows us to efficiently and effectively offer in person and virtual programs and services.





\$10,000
WELLNESS
(SOLD)

\$7,000
MINDFULNESS

\$5,000
CLARITY

\$3,000
STRENGTH

IN-KIND

Presenting Sponsor Exclusivity



Opening remarks



Logo on all promotional materials



Promotional materials featured in attendees take away bag



Day of corporate signage



Logo on day of looped sponsor presentation



Day of logo and company mention



Company logo & link on event website



Logo on thank you sponsor banner



Reserved VIP spots on yoga floor

8

6

4

2

Social Media Posts (Instagram, Twitter, Facebook, LinkedIn)

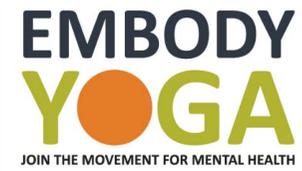
14

10

6

4

2

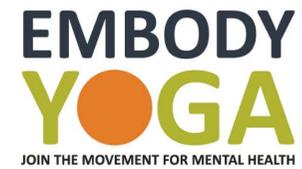


OTHER SPONSORSHIP LEVELS

\$2,500: BECOME A KIDS AREA SPONSOR

Your company will graciously provide activities for kids ages 4 to 12 for approximately 40 kids in person.

- Logo on Kids Sponsor Signage
- Logo on give away item for kids
- Logo on day of looped sponsor presentation
- Day of logo and company mention
- Company logo & link on event website
- Logo on thank you sponsor banner
- 3 reserved VIP spots on yoga floor
- 5 social media posts (Instagram, Twitter, Facebook, LinkedIn)



OTHER SPONSORSHIP LEVELS

\$3,500: BECOME A BREAKFAST SPONSOR

Your company will graciously provide a boxed breakfast for our in person and virtual guests. Approximately 150 guests in person and 50 virtual guests

Logo on Breakfast Sponsor Signage

Logo on day of looped sponsor presentation

Day of logo and company mention

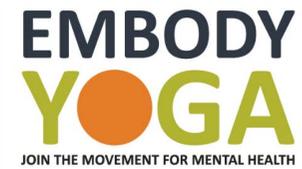
Company logo & link on event website

Logo on thank you sponsor banner

3 reserved VIP spots on yoga floor

5 social media posts (Instagram, Twitter, Facebook, LinkedIn)





OTHER SPONSORSHIP LEVELS

\$4,500: BECOME A SWAG BAG SPONSOR

The swag bag will be given out to all guests that participate in our in person and virtual event. Your company logo will be printed on a reusable bag that guests will use for years to come. The bag will be filled with various donated products.



Logo on day of looped sponsor presentation

Day of logo and company mention

Company logo & link on event website

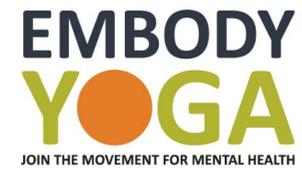
Logo on thank you sponsor banner

4 reserved VIP spots on yoga floor

6 social media posts (Instagram, Twitter, Facebook, LinkedIn)



PRESENTS



FOR MORE INFORMATION

CONTACT:

Catia Valenti Mishaiel
Director, Fund Development and Marketing
cvalentimishaiel@lumenus.ca

T: 416-738-8906

Ken Scott
Coordinator, Outreach and Events
kscott@lumenus.ca

T: 416-697-8602

FOUNDATION OFFICE:

40 Orchard View Blvd, Unit 255
Toronto, ON M4R 1B9

Foundation Charitable Registration #: 890358179 RR 0001

Lumenus.ca

EMBODY Yoga