

# Scottish Yoga Calendar to raise funds for Mental Health

Emma Frame and Lindsey Porter, two yoga teachers based in Scotland have created a unique calendar because they feel passionate about sharing the benefits that yoga can bring to all bodies and minds.



The calendar showcases the great array of yoga teachers throughout Scotland alongside raising awareness and support to the importance of mental health. And a proportion of all sales are being donated to SAMH, the Scottish Association of Mental Health.

To help bring attention to yoga being for all minds and bodies Emma and Lindsey chose to work with Camera Obscura World of Illusions, one of Edinburgh's premier tourist attractions. Emma co-creator of the calendar comments, "This unique venue helped us challenge the norm for what a yoga pose should be and look like and the background. We believe this is the first of its kind."

Eleven yoga teachers, including men and women across a range of ages came together from across Scotland including; Glasgow, Edinburgh, Stirling and Falkirk, donating their time to contribute to this curious and thought provoking range of yoga pose pictures.

Lindsey, co-creator of the Yoga Obscura calendar said : "This project has come from our passion to unite the benefits of yoga in supporting positive mental health and we are delighted to be supporting SAMH and we are so appreciative of everyone who has help bring this idea to life in a special

way”.

To mark the launch of the calendar Emma and Lindsey are hosting a complimentary yoga event at the lululemon store on George Street in Edinburgh on Friday 21st July. 6-8pm. The event will include teachers from the calendar running two 30-minute yoga sessions, time to meet and chat with SAMH representatives, the teachers in the calendar, buy your copy on the night and enjoy a special closed lululemon shopping event. Tickets are free but you need to register on [Eventbrite](#)

A SAMH spokesperson said : “We are thrilled to receive donations from the sale of this yoga calendar. We know that being active isn’t just good for our physical health; it’s also proven to have a positive effect on our mental health and wellbeing. It is great to see the benefits of yoga promoted, whilst raising funds for Scotland’s mental health.”

To order your copy of this unique calendar and support mental health in Scotland purchase [online](#)

OR contact: [Yogaobscuracalendar@mail.com](mailto:Yogaobscuracalendar@mail.com)

A minimum of £3.50 from the calendar sales will go to SAMH to support their work. The calendar is on sale for £10. P&P will be charged additionally where required.