

# Scottish Yoga Calendar raises thousands for charity

Emma Frame and Lindsey Porter, two yoga teachers based in Scotland created a unique 2018 calendar because they feel passionate about sharing the benefits that yoga can bring to all bodies and minds. They also wanted to help raise awareness and

support mental health work across Scotland and have raised just over £2,200 for SAMH, the Scottish Association for Mental Health through sales of this calendar.

The calendar showcases the great array of yoga teachers throughout Scotland. Eleven yoga teachers, including men and women across a range of ages came together from across Scotland including Edinburgh, Glasgow Stirling and Falkirk, donating their time to contribute to this curious and thought provoking range of yoga pose pictures based in Edinburgh's Camera Obscura and World of Illusions attraction.



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

SAMH Director of External Affairs Jo Anderson 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."

You can still get your copy of this unique calendar and support mental health in Scotland purchase online [here](#)

The calendar is on sale for £10. P&P will be charged additionally where required.