

Plan

- Select a date and time- Anytime that works for your schedule, the teacher's schedule and when your contacts are typically free.
- Identify a Teacher- ask your favorite yoga instructor, ask the yoga studio for instructor recommendations, ask a friend or teach the class yourself!
- When setting up your virtual class, contact Smile Train about creating a class link.

Publicity

- Invite your community – notify friends, coworkers, and work-out buddies by a personalized [event flyer](#), email, invite, word of mouth, and/or [social media](#)
- Snap photos of your virtual class and tag #YogaforSmiles and @smiletrain

Presentation

- Begin class by thanking participants for attending. Introduce the purpose of class is to spread smiles around the world and use a couple of the following talking points:
 - Globally, 1 in every 700 children is born with a cleft lip and/or palate.
 - Children with untreated clefts not only live in isolation, but also often face physical difficulties with eating, breathing, hearing, and speaking. Many of these children don't attend school or ever hold a job.
 - Smile Train is an international children's charity with a sustainable approach to a single, solvable problem: cleft lip and palate.
 - Smile Train's model provides training, funding and resources to empower local medical partners to provide 100%-free cleft surgery and comprehensive cleft care in their own communities.
 - Since 1999, Smile Train has provided over 1.5 Million free cleft surgery for children in 90+ countries.
- Refer to the [teaching guide](#) for more helpful hints

Proceeds

- Set a suggested donation amount (\$15/ person is common) or accept any donation
- Send class proceeds [online](#) or mail a check to Smile Train,
Attn: Matthew Goldberg, Yoga for Smiles,
PO Box 96231, Washington, DC 20090-6231

