

# Jen's making fundraising zen with her yoga class donations

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An Edinburgh yoga teacher has raised more than £4000 for Alzheimer's Research UK from the proceeds of her classes.

Jen Hughes has been supporting the charity for almost 18 months, following the death of her stepfather Euan Lambert in November 2020.

Euan, who was affected both mentally and physically by Alzheimer's Disease, died at the age of 87 – only two months after moving into a care home and the day after

Jen qualified as a yoga teacher. Unable to attend his funeral due to Covid restrictions, Jen planned her own tribute – setting out to use her new qualification to raise as much money as possible for the charity by the end of that year.

Having raised £2000 by December 31, she felt empowered to keep going with the fundraising, and with her teaching, and set up her own website to take the business forward.

"Each month I donate as much as I can from the proceeds of my yoga classes to Alzheimer's Research UK and that, together with the fabulous feedback and support from my students, helps me keep going," said Jen.

She is now looking forward to welcoming more students into her virtual studio and is offering a 50 per cent discount to carers and supporters of the charity using the code "Alzheimers Research".

Jen's donations are helping to fund pioneering research, focusing on prevention, diagnosis and treatments for Alzheimer's and other dementias.

Find out about her classes and support her fundraising at [www.justgiving.com/fundraising/Jennifer-Hughes31](http://www.justgiving.com/fundraising/Jennifer-Hughes31)



Edinburgh yoga teacher Jen Hughes with her late stepfather, Euan

