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# Event Proposal

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# Event Plan & Goal

Guided yoga and meditation class, led by an instructor from Lotus Wellness Center

A healthy meal to take home afterwards

Goal: Destress and relax, take away useful ideas



# Stakeholders



1

IU Medical Students  
Benefit from the  
takeaways

2

Village Promenade  
Successful event  
improves image

3

The city of Muncie  
Students who stay to  
work improve city  
health



# Plan details



## Location

Rooftop Gardens

## Food

Bowls from Pita Pit  
Tea  
Insomnia Cookies

## Other

Yoga mats from Five  
Below  
Instructor from Lotus  
Wellness Center



5

# Budget



Item	Quantity	Price
Yoga Mats (Five Below)	17 x \$5.00/ea + shipping and tax	\$97.95
Weird Tea (Amazon)	2 12pk x \$30/ea	\$60
Buddha/ Veggie Bowls (Pita Pit)	17 x \$8.50/ea	\$144.50
GF/Vegan Cookies (Insomnia)	2 12pk x \$20/ea	\$40
Yoga Instructor (Lotus)	1 hr at highest rate	\$150
	<b>Expected Total</b>	<b>\$492.45</b>



# What if?



## Space

Distancing doesn't change

## Food

Use tables on the side of the space

## Location

Weather pending  
Plan B: The Warehouse

# Thank



# You!