



turkey to the tree CHALLENGE



TAKE A CLASS ONLINE OR IN STUDIO	DRINK 2L OF WATER TODAY	POST A PHOTO STRIKING A YOGA POSE WITH A SNOWMAN	SHARE YOUR FAVORITE HOLIDAY RECIPE	<u>START A GRATITUDE JOURNAL</u>
<u>FOLLOW US ON INSTAGRAM</u>	POST A PHOTO OF YOU PLANKING AROUND TOWN	TAKE 5 CLASSES IN 5 DAYS	WRITE US A FACEBOOK REVIEW	SHARE A PHOTO OF YOUR HOME PRACTICE SPACE
SHARE YOUR FAVORITE HOLIDAY TRADITION	WRITE A GRATITUDE LIST OF 10 THINGS YOU'RE GRATEFUL FOR	 FREE SPACE	START READING A NEW BOOK	LEARN A NEW BREATHING EXERCISE
<u>DO A MEDITATION</u>	DONATE TO YOUR LOCAL FOOD BANK	TAKE 15 CLASSES BETWEEN NOV 26 - DEC 24	<u>LIKE US ON FACEBOOK</u>	START A VISION BOARD
REFER A FRIEND TO TRY A CLASS	DO YOGA WITH A FRIEND (KIDS, PETS, PARTNER)	POST A PHOTO IN YOUR FAVORITE YOGA POSTURE	CHECK IN TO THE STUDIO ON FACEBOOK	POST A PHOTO STRIKING A YOGA POSE WITH A REINDEER

SHARE YOUR PHOTOS ON FACEBOOK OR INSTAGRAM (POSTS OR STORIES) AND TAG OUR STUDIO. TO ENTER FOR THE DRAWING, SEND US A FACEBOOK MESSAGE WITH A PHOTO OF YOUR COMPLETED BINGO CARD. DEADLINE TO ENTER IS SATURDAY, DECEMBER 26, 2020.

THE UNDERLINED BOXES ARE LINKS TO HELP YOU THROUGH THE CHALLENGE!