

#SpringIsComing

YOGA CHALLENGE

[How To]

1

Purchase - or create & print - TWO Types of Spring Stickers:

- 1) for your 90-minute practices
- 2) for anything else (see options list below)

2

Complete your sticker key at the bottom of your calendar, by putting the appropriate sticker in each of the circles.

3

For every 90-minute class you practice, put a 90-minute-designated sticker on that day!

For all other days that you practice something else from the OPTIONS list, put the other type of sticker.

4

OPTIONS for shorter practices: The Five Tibetan Rites (11+ of each), Mary Jarvis barre work, one-set Bikram Class or one-hour class, 2 sets each of Pranayama, Half Moon, and Triangle

Completion:

5

Those who complete at least FOUR 90-minute practices plus TWO additional days of shorter practices per week for all six weeks will get: an individual Instagram photo feature that I will create, share, and then **print and send to you**. So, sometime before March 15, please send to me 1) two posture photos of you (I can help with this), and 2) a description of a few unique things that you have experienced as a result of your yoga practice **since spring of 2020!!**