

How the Challenge Works:

FREE to enroll! Pick up your Challenge Card on June 1st and have fun! **Every time you complete a Row (down, across, diagonal) you'll be entered in a drawing to win 3 months of a FREE Living Yoga Membership.** Complete the whole board and receive FIVE entries in the drawing. There will be TWO Grand Prize winners, each person will receive 3 months of a Living Yoga membership!

There are several ways to enter:

Across, Down, Diagonal and Full Board.
If you complete the Full Board (every space covered), you will receive FIVE entries in the drawing!! You can earn a total of 17 entries if you complete the whole board.

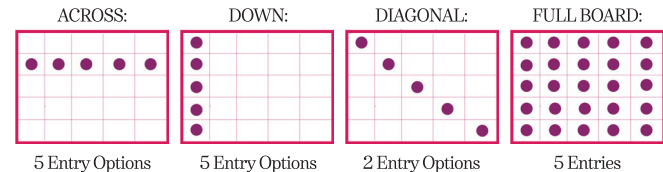
Program Rules:

You must mark your completion date on each square. **Once you've completed one of the options listed, email a photo of your card to info@breatheyoga.com.** We will verify your squares and send an email confirmation that you have been entered in the drawing.

There are a total of 92 days in the challenge. Squares that include consecutive yoga or meditation classes cannot be combined with any other consecutive squares (they are noted). Consecutive yoga classes count as one class per day.

For example, 10 days in a row cannot be combined with 20 days in a row, etc.

If you lose your Passport, you can stay in the Program and start again. We are not responsible for lost Passports.



Be sure to enter EVERY time you complete a row!

* SYRACUSE *

NAME:

KEYTAG:

<p>Follow us on Instagram</p> <p><i>Instagram Handle:</i></p> <p>-----</p> <p>DATE: -----</p>	<p>Take 20 Yoga Classes in 20 Days</p> <p><i>Cannot be combined with other yoga squares.</i></p> <p>DATE: -----</p>	<p>Take 5 Saturday or Sunday Classes</p> <p>DATE: -----</p>	<p>Share your experience on social media or review us on YELP.</p> <p>DATE: -----</p>	<p>Take ONE Style of Each Class:</p> <p><i>Power Vinyasa, Basics, Restorative, Meditation</i></p> <p>DATE: -----</p>
<p>Take 10 Meditation Classes</p> <p>DATE: -----</p>	<p>Take 10 Classes Before Noon</p> <p>DATE: -----</p>	<p>Take 10 Yoga Classes in 10 Days</p> <p><i>Cannot be combined with other yoga squares.</i></p> <p>DATE: -----</p>	<p>Take 5 Restorative Classes</p> <p>DATE: -----</p>	<p>Write something nice about yourself on this card.</p> <p>DATE: -----</p>
<p>Bring TWO Friends to Yoga</p> <p><i>First-time students. Please list their names:</i></p> <p>-----</p> <p>DATE: -----</p>	<p>Do a Double Header</p> <p><i>Take a Power Vinyasa or Foundations Class, followed by a Restorative Class or Meditation.</i></p> <p>DATE: -----</p>	<p>Enroll in Living Yoga for Yourself</p> <p><i>FREE Stamp if you are already a LY Member.</i></p> <p>DATE: -----</p>	<p>Meditate for 5 Minutes for 7 Days at Home</p> <p><i>Seven consecutive days; honor system.</i></p> <p>DATE: -----</p>	<p>Take 5 Yoga Classes in 5 Days</p> <p><i>Cannot be combined with other yoga squares.</i></p> <p>DATE: -----</p>
<p>Meditate for 15 Minutes Outside...just breathe!</p> <p>DATE: -----</p>	<p>Take 10 Foundation Classes</p> <p>DATE: -----</p>	<p>Take a Class at ONE Rochester Location</p> <p>DATE: -----</p>	<p>Take 5 Saturday or Sunday Classes</p> <p>DATE: -----</p>	<p>Take an Evening Class (6pm or later)</p> <p>DATE: -----</p>
<p>Bring ONE Friend to Meditation</p> <p><i>First-time students. Please list their name:</i></p> <p>-----</p> <p>DATE: -----</p>	<p>Take a Morning Class (before 7am)</p> <p>DATE: -----</p>	<p>Take FIVE Classes Before Noon</p> <p>DATE: -----</p>	<p>Do a Double Header</p> <p><i>Take a Power Vinyasa or Foundations Class, followed by a Restorative Class or Meditation.</i></p> <p>DATE: -----</p>	<p>Practice Yoga & Meditation on the Same Day 10 Times</p> <p><i>Cannot be combined with other yoga squares.</i></p> <p>DATE: -----</p>