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YOGA CHALLENGE 2020

Tick off each Completed Yoga Challenge - Challenge runs from February 9 to June 21 (International Yoga Day) 2020. *Note how much you & your yoga improves...*

Name _____ Email _____

1 Do 1 Yoga Class Per Week (unless unwell or holidays)/Extra benefit if you can do 2 Classes Per Week _

2 Do 2 Home Yoga Sessions per Week (at least 20 minutes plus) __ (Try our youtube classes)

3 Attend 1 Yoga Day Retreat __ Retreat date _____ NB We will be offering Yoga Day Retreats!

4 Learn 1 NEW Yoga Practice you find challenging __

Practice is _____

5 Relax Daily for at least 3 minutes or more __

6 Read a NEW (to you) book about yoga/meditation __

Book is _____

7 Learn about 1 aspect of yoga philosophy which you can apply to your life __

Philosophy is _____

8 Learn 10 new yoga words in Sanskrit and their meaning __

Words are _____

9 Introduce a yoga practice into your daily life - Live your Yoga ie posture, breathing, awareness __

Practice is _____

10 Add one positive lifestyle habit ie enough sleep recovery time & remove 1 negative lifestyle habit ie too much sugar __

Add _____

Remove _____

11 Try a meditation practice for at least 21 days and for at least 3 minutes or more __

Practice is _____

12 Do 1 small thing to make the world a better place __

Small thing is _____

AND make 1 positive commitment when you wake each morning __

This challenge is primarily for YOU, but you can submit your Completed Challenge Form via email to:

info@yogaplustherapies.com, for a chance at 6 incentive gifts: 1 Down Under Yogis (Book worth \$39.95) or one of 5 FREE Yoga Plus Therapies Class Passes (worth \$20 each) - Please submit your form by June 30 & the incentive gift will be drawn randomly on July 1 - Successful Incentives notified via email. Good Luck & enjoy the challenge!!!