

BEYOND

YOGA STUDIO & WELLNESS CENTRE

30-DAY SPRING CHALLENGE!

NAME: _____

(see back for additional days and rules)

#	DATE	CLASS ATTENDED	INITIAL (TEACHER or FRONT DESK)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

#	DATE	CLASS ATTENDED	INITIAL (TEACHER or FRONT DESK)
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			

A few simple steps...

1. Pick-up your tracking form before April 18th. (Forms are located in wall holder, at front reception desk, or downloadable from the Beyond website.)
2. Attend 30 classes at Beyond in 30 days. *Participants can “miss” and make up a maximum of 3 classes. Missed classes can be made up by doing 2 classes on any day within the challenge.*
3. Ask your teacher, or the front desk to initial beside each date attended.
4. Put your completed form in the ballot box at the front desk when you have attended the 30 classes.

30 Days of Yoga Practice means:

- Practicing patience
- Practicing commitment
- Practicing together
- Practicing for the health of your mind and body!

Enjoy and have fun!

NAME: _____