BEYOND
YOGA STUDIO & WELLNESS CENTRE

30-DAY WINTER CHALLENGE!
January 27th to February 27th, 2020

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 on or before January 27th. (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: _____