



30 DAY YOGA CHALLENGE

Begins **January 1st** and ends **January 31th**. The first 5 completers win a free Radiant Yoga tank or tee!

RULES: You keep track of the tasks you complete by marking an "X" in the space. When you finish the challenge, present your card to Angie or Kelsea to receive your prize. Limit 2 tasks completed in same day. **Classes may be live or virtual.** If you have any questions, feel free to ask us!

GROW THE COMMUNITY Bring someone new to class with you or invite on Zoom.	BLOCK PARTY! Use yoga blocks in class.	NEW CLASS 1 Take a class you've never taken	GO WITH THE FLOW Take a class with "flow" in the name.	RELAX AND RESTORE Take a restorative yoga class.
NEW TEACHER 1 Take a class from a teacher you've never taken from.	YOGA BASICS Try a Yoga Basics class (Zoom & YouTube count)	CLASS CHALLENGE 1 Try a new pose in class that challenges you.	FEEDBACK Write us a review on Facebook, Yelp or Google.	WEEKEND WARRIOR Take a Saturday and Sunday class on the same weekend.
4 CLASSES Attend at least four classes in one week.	NEW CLASS 2 Take a class you've never taken before.	STRAP IT UP Use a yoga strap in class.	NEW VIEW Set up your mat in a different spot than usual.	MAKE A FRIEND Introduce yourself to someone new at the studio or on Zoom
STRIKE A POSE Take a photo of you doing your favorite yoga pose and post it to our FB page!	NEW TEACHER 2 Take a class from a teacher you've never taken from.	SPREAD THE LOVE Tell someone who doesn't do yoga why you love it!	MEDITATE Meditate at home for at least 10 minutes.	BE KIND Show a random act of kindness while you're out and about.
FB CHECK IN Check into Radiant Yoga on Facebook.	BREATHE Learn a new style of pranayama	CLASS CHALLENGE 2 Try new pose in class that challenges you.	FOLLOW US! Follow us on Instagram, Twitter, or Facebook.	NEW CLASS 3 Take a class you've never taken before.

BONUS- Complete one of the tasks below and mark off any space above.

- Take 15 classes - Attend a workshop - Purchase a 10 class package