

# Self Love Bingo Challenge



## Yoga Bingo Rules (one card per student)

1. Bingo one row, column or diagonal and your card will be entered in a drawing to win a five class package. There will be two drawings for winners.

2. Bingo two diagonals (make an X) and your card will be entered into a drawing for a ten class package. One winner will be selected.

3. Bingo Blackout: black out all the spaces and your card will be entered into a drawing for a month unlimited package. One winner will be selected.

4. All Bingo's will receive a prize

Center space is a "freebee" to get you motivated!

Pics must be on social media (public, tag us) or emailed to [sunyogatampa@gmail.com](mailto:sunyogatampa@gmail.com)

Descriptions:

Align Includes:

Align + Flow or Basics & Beyond

Flow Includes:

Yoga Flow, Vinyasa, Slow Flow, Flow & Unwind & Align + Flow


Slow Down Includes:

Gentle & Simply Yoga

Unwind Includes:

Stress Relief Yoga, Yin, Restorative, & Meditation



<b>FLOW</b> take a flow or vinyasa class	<b>CENTER</b> meditate for 10 minutes	<b>RECHARGE</b> attend a sound bath or yoga nidra	<b>EXPLORE</b> go for a walk in nature	<b>YOUR 5th CLASS OF THE MONTH</b>
<b>SUPPORT</b> leave us a review on google or facebook	<b>ALIGN</b> take align + flow or basics & beyond	<b>MINGLE</b> attend the student appreciation day	<b>CONNECT</b> introduce yourself to another student	<b>DOUBLE HEADER</b> take two classes in one day
<b>STRENGTHEN</b> take strengthen & stretch	<b>YOUR 8th CLASS OF THE MONTH</b>		<b>STRIKE A POSE</b> take a pic in the studio and share it	<b>SPREAD THE LOVE</b> bring a new friend to class
<b>UNWIND</b> take a stress relief, yin or restorative class	<b>EXPAND</b> take a class with a teacher you haven't tried	<b>ENERGY</b> take a qi flow class	<b>SLOW DOWN</b> take a simply yoga or gentle class	<b>MAD PROPS</b> use a block in your class
<b>MINGLE</b> attend the student appreciation day	<b>TRY IT OUT</b> take a workshop	<b>STRIKE A POSE</b> take a pic with one of our teachers	<b>YOUR 3rd CLASS OF THE MONTH</b>	<b>SEVA</b> help somebody you don't know



