


Self Love Bingo Challenge

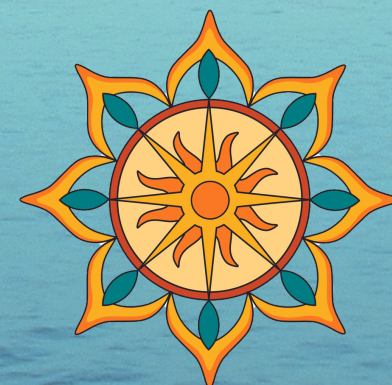
<p>ATTEND A FLOW Rise & Shine, Qi Flow, Align + Flow, Hatha Flow, Slow Flow, Yoga Flow or Vinyasa</p>	<p>STRIKE A POSE take a pic with one of our teachers</p>	<p>MAD PROPS use a block in your class</p>	<p>EXPLORE go for a walk in nature</p>	<p>YOUR 5th CLASS OF THE MONTH</p>
<p>SEVA help somebody you don't know</p>	<p>SLOW DOWN take Simply Yoga, or Basics & Beyond class</p>	<p>MINGLE attend the Student Appreciation Day</p>	<p>CONNECT introduce yourself to another student</p>	<p>DOUBLE HEADER take two classes in one day</p>
<p>CONSIDER attend a FREE Yoga Teacher Training Info Session</p>	<p>YOUR 8th CLASS OF THE MONTH</p>		<p>STRIKE A POSE take a pic at the studio and share it</p>	<p>SPREAD THE LOVE bring a new friend to class</p>
<p>UNWIND attend Yoga Nidra, Restorative yoga & Meditation or Reiki Healing event</p>	<p>EXPAND take a class with a teacher you haven't tried</p>	<p>LEARN attend the FREE Virtual Book Club</p>	<p>CENTER meditate for 10 minutes</p>	<p>RECHARGE take a Restorative Yoga Gentle Hatha, Gentle Yoga, Gentle Yin, or Storytime Yin class</p>
<p>MINGLE bring a friend to the Student Appreciation Day</p>	<p>TRY IT OUT attend EFT Tapping & Yoga or Parent's Night Out</p>	<p>HARMONIZE attend a Sound Event</p>	<p>YOUR 3rd CLASS OF THE MONTH</p>	<p>SUPPORT leave us a review on google, Facebook or Mindbody</p>

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



DESCRIPTIONS:

Flow Includes:

Yoga Flow, Hatha Flow, Slow Flow & Unwind, Align + Flow, Qi Flow, Rise & Shine, Vinyasa

Slow Down Includes:

Simply Yoga, Basics & Beyond

Unwind Includes:

Restorative Yoga & Meditation, Monthly Yoga Nidra, Restorative Yoga & Reiki Healing event, Healing with the Harp event

Recharge Includes:

Gentle Hatha, Gentle Yoga, Gentle Yin, Restorative Yoga & Meditation, Storytime Yin

