

New Year! New You!

B I N G O

Gentle Yoga class	Hour of Power Yoga with Jessica	Self Care Day	20 Min walk outside	Set an intention for your practice
Try a yoga pose that challenges you	Post a quote that inspires you & tag us	Write Yoga You4ia a Google review	Ashtanga Basic Yoga with Trudy	Write 5 things you Love about yourself
Restorative Yoga Class	Support another small local business	Make a donation to a local charity	Use props in Yoga	Restorative or Yin Yoga with Michelle
Power Flow Yoga with Melissa	10 mins of Breathwork	Do 5 Sun Salutations	5:15am Power Yoga with Sam	10 Min Meditation
Yin or Yang with Keeley	Meditation Flow with Becca	Power Yoga with Shannon	Eat five different coloured foods in one day	Leave your camera on during class

New Year! New You! Bingo Runs Jan 1-31, 2021
Let's start this year off right.

Everyone who completes 5 in a row in Jan 2021 will be entered to win free yoga, yoga mat or meditation cushion.

Full Blackout enters you into the grand prize.

Print off a Bingo Card or pick up Bingo Card at the studio in our outdoor mailbox.

“Reshape yourself through the power of your will; never let yourself be degraded by self-will. The will is the only friend of the Self; and the will is the only enemy of the Self.” – The Bhagavad Gita

Sponsors:



Yoga You4ia
Power Yoga Studio