

Name: _____

Well-Rounded Yogi Challenge

MARCH 2022

Take a Gentle Yoga class	Take 10 intentional breaths	Give someone a genuine compliment	Take 2 classes in one day	Read our blog about "Finding Inner Peace at Home" and try out a tip
Say hello to another student in your class who you don't know (in-person or on live stream)	Take a break from social media for the whole day	Take a Yoga All Levels class	Meditate for a full 20 minutes	Take any class with a teacher who you've never practiced with before
Meditate for 5 minutes, 5 days in a row	Take a Yin/Restorative or a Gentle Yoga class	Take 1 class a day, 3 days in a row	Enjoy at least 10 minutes in savasana	Introduce yourself to a staff member or teacher who you don't know (in-person or on live stream)
Bring a friend to class (in-person or on live stream)	Take either a Flowing Yoga or Yoga All Levels class	Meditate for 10 minutes, 3 days in a row	Go for a walk and pick up some litter along the way	Write down 3 things you're grateful for, every day for 5 days
Take either a Power Flow or Flowing Yoga class	Express positive feedback to a teacher whose class you enjoyed	Spend 15 minutes in nature	Take a Pilgrimage Yoga On Demand class of your choice	Take a Meditation or Sound Healing & Savasana class

WHAT'S IT ALL ABOUT?

This challenge is similar to the game of "BINGO." The goal is either to get a "BINGO" by completing the activities listed in 5 squares in a row (vertically, horizontally, or diagonally), or to complete a "COVERALL" by doing the activities listed in ALL of the squares.



THE RULES:

1. Yogis have the entire month of March to play and may begin participating on any day in March. The challenge ends on March 31st.
2. Be sure to check-in for all classes that you take either in-person or live stream to show that you've completed the activity. For activities that are non-class related, you're on the honor system. Remember, Well-Rounded Yogis practice "Satya" (truthfulness).
3. Yogis will be awarded either Prize A or Prize B, but not both.

THE PRIZES:

Yogis can win one of either of these prizes, but not both:

Prize A: "BINGO"

Complete the activities listed in 5 squares in a row (vertically, horizontally, or diagonally).

Prize: 250 Perkville Points

Prize B: "COVERALL"

Complete the activities of ALL squares on the board.

Prize: 500 Perkville Points

TO CLAIM YOUR PRIZE:

If you get a BINGO and don't want to complete a COVERALL, then you may either turn in your card at the front desk of the studio or email info@pilgrimageyoga.com. 250 Perkville points will be awarded within 3 business days.

If you get a COVERALL, then you may either turn in your card at the front desk of the studio or email info@pilgrimageyoga.com. 500 Perkville points will be awarded within 3 business days.

All prizes must be claimed by Friday, April 8th.



STAFF USE ONLY

Date: _____ Staff Initials: _____

Please circle the prize awarded.

For BINGO:

- 250 Perkville Points

For COVERALL:

- 500 Perkville Points