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Be a Warrior! Do any Warrior Pose daily for 7 days 5 breaths each side.	Establish the habit. Meditate daily for 5 minutes each day. Meditation of your choice.	Introduce yourself to Ayurveda. Tell me the Doshas and the Gunas	Make a Gratitude List: List 5 things for which you are grateful every day for 7 days.	Do 60 seconds of plank every day for 7 days.
Do 5 minutes of Box Breathing (or Rectangle Breathing) every day for 7 days.	7 Days 7 Chakras: Spend 5 minutes each day for a week working on your chakras. Chakra related yoga pose; meditation; mantra:	Make a Love Me List: List 3 things that you like about yourself every day for 7 days.	Do at least 5 Sun Salutations every day for 7 days.	Find a mudra and associated meditation. Meditate with your mudra every day for 7 straight days. Show me your chosen mudra and the meditation you used with it.
Read about the Yamas and the Niyamas (a book, not an article)	Create and follow a morning routine for 7 consecutive mornings. Spend 10 minutes every morning engaging in a self-care practice: Meditate:	Engage in a Moving Meditation. Learn the first section of my own VinKara Moving Meditation and practice for 5 minutes every day for 7 days.	Sun/Moon Breath: 5 rounds daily for 7 days	Try Something New: New classes at PAA; Daylight Gallery in Camden; online instruction; private instruction
Get a Check-up! PCP; Vision; Dental; Gyn; Hearing	Do at least 5 Moon Salutations daily for 7 days.	Listen to a 15+ minute Guided Meditation. Find one on YouTube, your favorite podcast app; or apps like Insight Timer. Share the guided meditation you chose with me.	Bring a friend to class	Create and follow an evening routine for 7 consecutive evenings. Spend 10 minutes every evening engaging in a self-care practice: Meditate; Read; Exercise; Take a walk; Journal; Yoga; Yogic Kriya techniques (tongue scraping,
Try yoga on a different surface - try paddleboard yoga, aerial yoga, acro yoga	Stand on One Foot! Do one balancing pose daily for 7 days, 5 breaths each side.	Introduce yourself to the 5 Koshas and tell me about them.	Treat yourself - to a manicure, pedicure, massage, dry needling, acupuncture, reiki, reflexology, new hair cut/color...	Introduce yourself to the 5 Kleshas and tell me about them.