



TADASANA MOUNTAIN YOGA

EST. 2011
NEDERLAND CO

YOGA // FITNESS // MEDITATION

Mindfulness Bingo

January 1-31

GRAND PRIZE: For every row you complete, you are entered to win a 3 month unlimited yoga pass.
Turn in your completed card by February 1st. Drawing on February 4th

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| PLAN AHEAD Pre-register for class | KARMA Make a donation to a local nonprofit (money, clothes or goods) | REGISTER For an upcoming workshop or special session | SHINE Wear something sparkly to class | SELF CARE Book a massage or reiki treatment |
| TELL US ABOUT YOUR MEDITATION PRACTICE THIS MONTH | BRANCH OUT Try a class or a teacher that you rarely practice with | SHOW YOUR SWAG Wear a Tadasana T-Shirt or hat to class | SALUTE THE SUN Do Namaskar A every morning for a week and tell us about it. | SUPPORT ANOTHER NEDERLAND BUSINESS And show us your receipt |
| NIGHT OWL Attend an evening class | BE BRAVE Wear a crazy hat or wig to an in-studio class | BREATHE DEEP YOGA AT 8230 FT | ATTEND CLASS 3 DAYS IN A ROW | READ A BOOK ABOUT YOGA OR MEDITATION And tell us about it |
| SOCIAL Follow us on IG or like us on Facebook*** | WEEKEND WARRIOR Take a weekend class | CREATE A YOGA PLAYLIST and share it with us | BE KIND Perform a random act of kindness and tell us about it | BRING A FRIEND TO CLASS* |
| SUBSCRIBE TO THE FRIDAY LIST** | RESTORE Attend a restorative yoga class | SPREAD THE WORD Review us on facebook or google | GIVE THE GIFT OF YOGA Buy a gift certificate | ATTEND A MOUNTAIN FLOW CLASS |

*And you both pay only \$10 for class

**Already subscribed? Share The Friday List on Social or with a friend

***Not on Social? Write a review or share a testimonial