

# 21- DAY PERSONAL YOGA CHALLENGE

**It takes 21 days to make something a habit!**

**So why not, commit to doing yoga every day for 21 days in a row in order to make the practice an ingrained habit?**

**Start any day between January 1st & 15th and then practice daily for 21 days.**

By definition, a challenge should be a little intimidating, but with the support of your community you will find the 21-day Yoga Challenge rewarding and transformative. With the support of others in the challenge you will be inspired to practice regularly, to catapult you to new levels of health and vitality. You will create a life of balance, strength and inner peace to truly awaken your "Inner Sun" or spiritual heart.

## Guidelines

- Your challenge begins on the day you choose between January 1<sup>st</sup> & 15<sup>th</sup>.
- A minimum of five practices per week must be at Inner Sun Yoga. We suggest you try every style of yoga offered at Inner Sun and embrace what each has to offer.
- Two practices away from the studio each week count. We suggest getting on your mat and doing 21 Sun Salutations or 21 minutes of asana & meditation at home or when traveling. It is the discipline of getting on your mat every day that makes this challenge successful, not so much the type of practice.
- Classes missed beyond the two times per week must be made up by coming to the studio twice in one day.

## Helpful Hints

- Identify a challenge buddy to help support you throughout the challenge period. You will meet and make several new friends as well.
- The early mornings are dedicated to developing a spiritual practice. Another great way to jumpstart and rack up the stickers is with Sadhana. A week of early morning practices together. These classes do count as your practice for the day. More details on this life-changing week are available on line and at the studio.
- Workshops and Kirtan count as your practice for the day.
- Meditate daily! Find just a short time each day to sit with the breath.
- Dedicate your challenge to something such as committing to your overall health and well-being, or even to someone else. You may share your intention openly so we can all support you. Our intention is to celebrate each other and our greater life commitments through this process.
- Day 14 is usually the hump day. Remember we are here to help you make this possibly the best 21 days of the year for you! Yoga will become part of your day and you will reap the benefits quickly.

## CLASS SPECIAL FOR THE CHALLENGE - \$45 for 21-days of Unlimited Yoga!

Terms: Package is available only to those registered for the challenge and can only be purchased in the studio upon registration. It is valid only for the 21 days you are participating in the challenge and cannot be extended for any reason.

Note: If you have a current count package it can be put on hold so you can take advantage of this offer. (Not valid for current unlimited packages.)

## HOW TO MARK CLASSES

- Place a sticker in the box for each day you practice at the studio.
- Remember you can only miss two classes per week at the studio. For the two classes you miss you can practice at home and put a sticker in the box. More than the two missed must be made up by taking two classes in one day.
- If you practice more than one time in a day you can put additional stickers in the box as a bonus!