

Inner Sun Yoga Studio

Holiday Bingo: Season of Gratitude & Giving

December 1 - 21, 2017

Proceeds from Holiday Bingo will be donated to a local charity!

Join today! Simply:

1. Make a charitable cash donation at the studio
2. Pick-up your card at the studio or print one from online
3. **Challenge begins NO EARLIER than Friday, December 1**

How to Win:

1. One line (up or down)
2. T (any outside row PLUS corresponding middle row)
3. Diagonal (connect opposite corners)

Write name on spreadsheet at the studio. Once you complete one of the above, write the date completed. You may complete all 3 bingos on your card. Max. 3 entries per card.

Full Card Challenge:

First person to complete all squares on their card and turn it in will have all proceeds from Holiday Bingo donated to the charity of their choice.

First Name: _____

Last Name: _____

Inner Sun Yoga Studio



Holiday Bingo

December 1-21

<p>Slow Down! Take a restorative/ yin class or Sound Experience workshop</p>	<p>Salute the Sun! Start your day with 5 Sun Salutations</p>	<p>Be Charitable! Give to the bell ringers or charity of choice in addition to our Bingo Fundraiser</p>	<p>Dance & Sing! Express yourself, reduce stress and boost health!</p>	<p>Expand Community! Bring a friend for FREE</p>
<p>Challenge Yourself! Pick a new pose or variation of a pose to practice</p>	<p>Explore! Take a 15 minute walk outside</p>	<p>Thank you! Say "thank you" to a stranger</p>	<p>Get Social! Post a yoga pose on social media & tag us OR check-in at the studio</p>	<p>Amp up Your Practice! Attend 4 classes in one week</p>
<p>No Place Like Home! Practice for 30 minutes at home</p>	<p>Compliment! Give a compliment to your teacher</p>	<p>Free</p>	<p>Take Flight! Take a hammock class</p>	<p>Be Brave! Introduce yourself to someone new in class</p>
<p>Unplug! Relax on the couch and watch a holiday movie or read - no phones allowed!</p>	<p>Spread the Love! Review us on FB or Google or bring in a testimonial</p>	<p>Take Time to Practice! Attend 3 classes in one week</p>	<p>Get Your Zen On! Meditate for 10 minutes</p>	<p>Save Your Spot! Sign up for a class in advance online</p>
<p>Add Some Swag! Take a logo sticker for your water bottle</p>	<p>Be Happy! Turn a cloudy day into a sunny one and write down 3 positive moments from the day</p>	<p>Party Time! Join us at a holiday class and/ or our potluck!</p>	<p>Expand Your Practice! Try a new instructor or class time</p>	<p>Reach Out! Call or have a date with a friend</p>

BONUS: Meditate every day for 21 days and receive a very special surprise gift!

Cross off number below:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21