

# NOVEMBER 2020



## 30-Day Gratitude Challenge

Take 30 classes in 30 days and receive a free month of membership! Track your progress on the left then email your completed calendar to

[traci@myvinyasapractice.com](mailto:traci@myvinyasapractice.com).

### Take it off the Mat

- Start a gratitude journal! Everyday, list three things you're grateful for
- Join us for free silent meditation on ZOOM every Friday or Saturday at 8am
- Each week tell a friend, family member, or loved one why you're grateful for them
- Send a "Just Because..." note rooted in gratitude to a co-worker or friend
- Thank a stranger! Whether it's the person bagging your groceries, an online service rep, or the mailman, pay it forward and thank someone for their service

SUN	MON	TUE	WED	THU	FRI	SAT
1 Day one! Purchase a gratitude journal to start strong	2	3 In-Studio Outdoor Flow 7pm	4	5 Try an outdoor yoga class under the trees	6	7 ZOOM Silent Meditation 8am
8	9 Try ZOOM Chair/Adaptive Yoga w/ Ginger 8am	10	11	12 MVP Free ZOOM Community Offering: Movie Night 7pm	13	14
15 Try ZOOM Soulful Flow w/ Kristiana 9am	16	17	18 Try ZOOM Vinyasa Krama w/ Nina 9am	19	20	21 MVP Yoga Run @ ACC Campus 10am
22	23 Start the week off Right! Try ZOOM Yin w/ Laura 10am	24	25 Get your Gratitude on in-studio w/ Tara 7pm	26	27	28
29	30 CELEBRATE YOUR SUCCESS!					

Complete your calendar to be entered in a drawing to win an MVP prize pack!

(pssst get bonus entries by ticking the boxes below!)

Bring a friend to class

Try 5 different class styles

Try 3 different teachers