


JANUARY 2021



30-Day Self-compassion Transformation Challenge

Take 30 classes in 30 days and receive a free month of membership! Track your progress on the left to keep yourself motivated!

SUN	MON	TUE	WED	THU	FRI	SAT
					1 	2 FREE Chill Yoga to reset and restore in-studio @12pm
3 Make a Manifestation board with Frankie! 3:30 pm - 6:30 pm on ZOOM	4	5 ZOOM Ashtanga with Christine 7am	6	7	8	9 MVP Free ZOOM community Offering: Silent Meditation 8am
10	11 Try ZOOM Chair/Adaptive Yoga w/ Ginger 8am	12	13 Take a restorative class with Bridget 8pm	14 MVP Free ZOOM Community Offering: Movie Night 7pm	15	16 MVP Free Outdoor Community Offering Yoga Run @ ACC Campus 10am
17 Try ZOOM Soulful Flow w/ Kristiana 9am	18	19 In-Studio Yoga Chill with Traci 7pm	20	21	22	23 FREE In-studio Karma Class @12pm
24	25 Start the week off Right! Try ZOOM Yin w/ Laura 10am	26	27 Get your flow on in-studio w/ Micaela 6pm	28 MVP Free ZOOM Community Offering: Book Club 7pm	29 FREE ZOOM Offering: Everyday Mindfulness with Deb 5:30 pm	30
31 Self-love Sunday with Alyssa is the perfect way to celebrate your success!	<p>Complete your calendar to be entered in a drawing to win an MVP prize pack!</p> <p>For extra entries: Show us how you're practicing self-compassion! On Instagram, tag @myvinyasapractice in your photo* and use #compassion30mvp in the caption.</p>					

Self-compassion in Action

- Start a meditation practice! 5-minutes a day can help you regulate your energy levels and feel better
- Devote 1 hour every week to unstructured play!
- Connect with your community- Try a free silent meditation on ZOOM or attend one of our FREE community events, like movie night or book club!

*Take care to tag us in the photo itself so that we're sure to see your entry! Feel free to DM us with any questions.