

# 12 DAYS OF YOGA HOLIDAY CHALLENGE

our annual twelve-class karma challenge is back to help keep your holiday season full of peace, love and understanding.

the grid below features the names of the restorative practices we'll be incorporating, as a reminder you can practice 'em anytime you need a little rest.

keep track of your classes by marking off a square for each class you attend. send us a photo of your completed grid, and we'll donate \$12 to Forget Me Not Farm.

do good. feel better.

Supported Fish Pose	Reclined Twist w/Block	Three-Part Breathing
Book-Opening Twist	Supported Savasana	Sideways Dancer
Restorative Bridge	Hips on a Block Pose	Physiological Sigh
Downward Facing Savasana	Reclined Bear Hug	Constructive Rest

Name: \_\_\_\_\_