




# turkey to the tree

# CHALLENGE



TAKE ANY CLASS AT ASPIRE	DRINK 2L OF WATER TODAY	TAKE A "FLOW + YIN" CLASS	TEXT US 3 WORDS TO DESCRIBE ASPIRE YOGA CENTER 318-252-8369	GO OUTSIDE FOR A WALK/RUN
GIVE A STRANGER A COMPLIMENT	TAKE SELFIE WITH A TEACHER AND TAG @ASPIREYOGACENTER	WRITE US A REVIEW ON FACEBOOK OR GOOGLE	TAKE 3 CLASSES IN 3 DAYS	PRACTICE A POSE YOU FIND CHALLENGING
TAKE AN "INFERNO HOT PILATES" CLASS	WRITE A GRATITUDE LIST OF 10 THINGS YOU'RE GRATEFUL FOR	FREE  SPACE	START READING A NEW BOOK	TAKE A "HEATED FLOW" CLASS
MEDITATE FOR 10 MINUTES	MAKE A DONATION TO A CHARITY OF YOUR CHOICE	TAKE 15 CLASSES BETWEEN NOV 29 - DEC 24	UNPLUG FROM ELECTRONICS FOR ONE HOUR (OR LONGER)	DEDICATE 10 MINUTES OF STRETCHING BEFORE BED
REFER A FRIEND TO TRY A CLASS	EMAIL US A TESTIMONIAL OF WHY YOU LOVE ASPIRE YOGA	TAKE 10 DEEP FULL BREATHS	POST A STORY FROM THE STUDIO AND TAG @ASPIREYOGACENTER	TAKE A "MINDFUL MOVEMENT + BREATHWORK" CLASS

EMAIL: [INFO@ASPIREYOGACENTER.COM](mailto:INFO@ASPIREYOGACENTER.COM) TEXT: 318-252-8369 SOCIAL MEDIA: @ASPIREYOGACENTER  
CHALLENGE ENDS DECEMBER 23, 2024

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