

# 1st ANNUAL SPRING YOGA BUDDY CHALLENGE

## West Linn & Happy Valley

Start puttin' the SPRING in your step. CHALLENGE yourself to do more yoga, get in shape and feel better!

Teams/buddies will have these challenges to choose from:

**10 classes out of 15 days challenge**

(must start between Feb 14th and Feb 28th)

**20 classes out of 25 days challenge**

(must start between Feb 14th and Feb 27th)

**30 classes out of 35 days challenge**

(must start between Feb 14th and Feb 17th)

ALL CHALLENGES MUST BE COMPLETED BY MARCH 18TH

## How:

1. Choose a buddy. This can be someone you know or a new friend you make. If this buddy has never been to the studio = minus 1 day off of challenge!
2. Email [angela@bikramyogawestlinn.com](mailto:angela@bikramyogawestlinn.com) to sign up. We need YOUR name, your BUDDY'S name, and email address. Must be signed up by Feb 13th!
3. Want to sign up solo? No problem, we will match you up with a buddy randomly based on how many classes you want to commit to. Just let us know when you email us.
4. Check in with your Buddy.
5. Check in on FaceBook or Instagram. Follow [#YogaBuddyWLHV](https://www.instagram.com/YogaBuddyWLHV)
6. START!

## RULES

--No doubles during this challenge. Just do the classes within the time frame.

--Each buddy must complete the same amount of classes – keep each other on track! Buddies need to complete their classes within the same time frame.

--That's it!

## REWARDS!!!!

10 day challenge completion will get 5% off your next yoga package (*full price, per person, discount expires 7/1/15*)

20 day challenge completion will get 10% off your next yoga package (*full price, per person, discount expires 7/1/15*)

30 day challenge completion will get 15% off your next yoga package (*full price, per person, discount expires 7/1/15*)

Any team that completes minimum 10 day challenge receives YOGA BUDDY challenge T-SHIRT!

## GRAND PRIZE

All challenge entries will be entered into a drawing to win the GRAND PRIZE.

One buddy team will win  
a 10 CLASS CARD (each) and one 24oz HYDROflask (each)!

*(Use the classes yourselves, give them away, or trade up for dollar amount towards a bigger package (\$130 value))*