

Christmas

YOGA

READING

BINGO

CHALLENGE

 GET SOCIAL Like us and leave a comment on Instagram or Facebook	SALUTE TO THE SUN Do at least one sun salutation for 5 days in a row (on your own or with us)	GO GREEN Use only reusable water bottles for a week (and remember to take them home again after class)	SEVA / PAY IT FORWARD Perform a random act of kindness - tell us what it was!	GET COMMITTED! Sign up to your next 5 classes well in advance so we know you're coming :-)
 BREATHE Focus on your breathing for a whole practice	OPEN YOUR HEART Find something to be grateful for	EMPOWERMENT Bring a favourite quote or poem to the studio and share it on our pin board	 TAPAS / DISCIPLINE Sign up to 6 classes over 30 days and attend them all!	BE SPONTANEOUS Try a class or teacher you've never tried before
BHAKTI/ DEVOTION Tell someone you love what they really mean to you	KARMA Clean and put away your props and your neighbour's super neatly	 SANTOSHA Practice contentment: Try not to complain or grumble for a whole 24 hours	SLOW DOWN Create some calm by attending our Qi Gong or Yin class	EXPLORE YOGA Learn something about any style of Yoga online or via our books
EARLY BIRD Join one of our weekday morning classes	BE BRAVE Introduce yourself to 3 of your classmates	 POWER UP! Stoke your inner fire in one of our dynamic classes*	PICTURE PERFECT Share a photo about your yoga practice - don't forget to tag @Yogareadinguk	NIGHT OWL Join one of our weekday evening classes 
SELF CARE Book a massage or osteopathic treatment with our team	EMBRACE CHANGE Practice in a different space in the studio	WEEKEND WAKE UP Take a class at the weekend to energise your whole day!	 MAKE SPACE Meditate or simply pause for 10 minutes (if you're a member, access our On Demand videos to help you)	EXPAND COMMUNITY Bring someone new to the studio and they can practice for free

NAME

EMAIL

Christmas

YOGA
READING

BINGO

CHALLENGE

How to Play:

Print off the bingo card or collect a copy from the studio.

Practice SATYA (truth); entry and participation is based on an honesty system.

Throughout December, cross off each square that you have completed and return your card to the studio by **5th January** with your name and email address. If you have an entire card, one full line or each corner completed, then you will be entered into a prize draw with a chance to win one of the below prizes;

- 1. Entire Card completed** - 3 month's membership, an eco-friendly cork/rubber mat and a Yoga Reading T-shirt. (One winner)
- 2. 4 Corners completed** - a month's Membership and a Yoga Reading T-shirt (One winner)
- 3. Bingo line completed** - an eco-friendly cork/rubber mat and a Yoga Reading T-shirt (One winner)

Three prize draws will be made to select three winners at random.

*For the purpose of this Bingo game dynamic classes include: Dynamic Flow, Ashtanga, Rocket, Vinyasa, Functional Flow, Hatha Flow or Anusara - so you can choose something that works for you.

All prizes are non-transferable and there is no cash alternative.

Maximum one prize per person. If you complete squares to qualify for more than one category, you will be entered into the highest draw first, if you do not win you will be re-entered into subsequent draws. For example, if you completed the entire card and do not win the entire card prize, you will be entered into the bingo line draw. If you do not win the bingo line draw, you'll be entered into the 4 corners draw.

We will announce the prize draw winners on 8th January, winners will be contacted via the email address provided on their bingo card. We will not use your email for any other purpose.

© Yoga Reading, 3-5 Cremyl Road, Reading, RG1 8NQ