

November Challenge!

Once your calendar is full, you will be entered in a drawing to win an unlimited 1 month membership or a private class - your choice!

_____ is up for the challenge!

Take a 6am class	Rest in class for a posture	Post a picture or video on social media of yourself doing a posture or exercise <small>(don't forget to tag us!)</small>	Practice in the front row	Take a class on Saturday <small>(Did it change your weekend?!!)</small>
Take a yoga class 3x this week <small>(earn your other stickers while you do!)</small>	Take IHP 3x this week <small>(earn your other stickers while you do!)</small>	Bring a buddy to class	Take a 7:30pm class	Bring someone to a class they have never tried
Try back-to-back yoga and IHP <small>(it's ok if you need to rest!)</small>	Be still between the postures	Do 2 sets of 10 push-ups at home	Do 2 sets of 45 second forearm planks at home <small>(grab your timer!)</small>	Ask your teacher before class for help with a posture in class.
Stay in final savasana for a full 5 minutes after class.	Smile throughout your least favorite posture or exercise!	Take a Yin Yoga class	Take a 5:30pm class	Take a class on Sunday <small>(Did it change your weekend?!!)</small>
Write a review of Hot Yoga Auburn	Take a 9:30am class	What's your biggest challenge in class? _____ Do it today!	Take an 8am class	Practice in the back row

Is there **one class** here that's just **impossible** to get to? We get it! Take another one in it's place, and you can still get your sticker!
(Just remember there is a big difference between 'impossible' and 'don't want to'!)