

# BECOME A MIND BODY REVOLUTIONARY!



## 45 DAY CHALLENGE

### LET US HELP KEEP YOU ON TRACK!

Join us for these meetings so we can help support you in your goals

#### **Kick off meeting**

(receive your welcome pack)

January 25th

11:00am and 5:30pm

#### **Halfway- Check in Meeting**

*(note the following date change)*

February 8th at 11:00am

and

February 15th at 5:30pm

#### **Wrap Party.... Celebrate**

March 6th at 6:15pm

In the spirit of the new year we are launching our next yoga challenge to support you in creating healthy habits that stick. We know that habits that last are created by repeating an action 21 times.

The timing is perfect since most of us make well intentioned resolutions on January 1st and then get

swept up into our busy, chaotic and wonderful lives.

We are soon back to our old habits. This year lets have it go a different way, this year let's have our intentions become our reality, let's have our habits create a life and body that thrills and makes us proud. We know it's the daily habits and choices that create our life. Compounded over time these daily choices make a big difference. Do yoga, eat right, be kind.

All of these small actions and choices don't seem small but to do them repeatedly all year and you will see real transformation... Mind Body Revolution gives us an opportunity to commit to how much yoga you want to practice for 45 days. Challenge yourself.

Vagueness is the culprit! We say we want to eat better, or do more yoga...it's too vague! How can we ever hit a target that we didn't even choose? We all need to make our goals clear and specific. The Mind Body Revolution is simple and powerful. Choose a specific number of days you want to practice yoga within the 30-day period. It is meant to be a challenge for you, so raise your standards to something that, for you, will be a breakthrough. Set the number of days and your progress will be tracked by you on the board at the Center. You will have a community of Revolutionaries cheering you on and supporting you!

**Click the link below to Join the Revolution!**

[Link](#)