

# LATITUDE **44** YOGA STUDIO

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## 44 DAYS OF SELF-CARE BINGO

Attend a Barre Class	Attend a Flow Class	Attend a Yin or Restorative Class	Attend a MOVE or STRONG class
Read: Yamas & Niyamas OR Do Your OM Thing	Schedule out your next 10 classes & attend every one!	Join the #yogiswithlatitude Facebook Group	Leave us a review on Google
Bring a New Student to class Members: use a free Guest Pass!	Attend 34+ Classes	Post 3+ times about your challenge journey on Instagram tag @latitude44yoga	Post a photo + 'Check-in' at Latitude 44 on Facebook
Drink 2+ liters of water every day	Get 7+ hours of sleep every day	Eat 2+ cups of vegetables every day	Meditate 5+ mins 21 Days in a Row

**Challenge Dates: January 1 - February 13, 2023**

**FIRST NAME:**

**LAST NAME:**

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