

Yogi:



Resonance Collective

YOGA CHALLENGE

A month-long yoga challenge that explores practice both on and off the mat.

How to Participate

1. Complete the practice and reflection in each box on the following pages.
2. Write down your reflections with as little or as much detail as desired.
3. For each page you complete during March, receive one entry into the grand prize drawing.
4. Complete the entire booklet by March 31st to win a bonus prize!

Grand Prize

Manduka yoga mat of your choice, one Resonance workshop/event pass, and six months of unlimited virtual and in-person classes

Bonus Prize

Receive your choice of one of the following: Resonance t-shirt or tank top, beanie, coffee mug or tumbler

resonanceyogacollective.com

Reflect on what yoga means to you. Try to summarize that in 20 words or less.

Pick an activity today - like peeling an orange, washing the dishes, or walking your dog. Devote your entire attention to being present with that activity. Describe your experience.

Attend a new style of class (i.e. yin, hatha, flow, restorative, nidra). What effect did this style of practice create for you?

Take class with a Resonance teacher you've never practiced with before. How did the teaching style of a new-to-you teacher benefit your practice?

Introduce yourself to a fellow yogi. Share their name, and what you enjoy about this yoga community.

Show up for your yoga practice at least 10 minutes early. Perhaps enjoy a cup of tea while you settle in. How did this extra space impact your practice?

Practice virtually with a live class or a video recording. Describe your experience of practicing at home or work.

Support another locally owned business by interacting with their social media, attending an event, or making a purchase. What role does mindfulness play in our purchasing and activity choices?

Try meditation at home for 5-10 minutes - on your own or guided. Meditation is the practice of noticing our distractions. What is distracting you today?

Connect with a fellow yogi before or after class for a chat, coffee/tea, or a walk. What role does community play in your yoga practice?

Attend any class on the schedule, observing your breath throughout the practice. What role does breath play in your practice? At what points do you forget about your breath?

Join us for two or more Weekend at Resonance events. What does having an "open heart" mean to you in your daily life?

Spend some time reading about ahimsa (non-violence) online and then consider this mindfulness practice throughout your day in your decisions, words, and actions. Note some of your reflections on ahimsa as a practice on your mat and off.

Attend your favorite class. Write down a few notes before class about how you are feeling, what's on your mind, etc., and then do the same after class.

Bring a friend to class with a free pass. How does our practice change when we share it with others?

Virtual friends can use the drop-in pass coupon code: Yoga!

Attend any class on the schedule. As you settle in, take time to create an intention for today's practice and integrate that intention throughout your practice. Reflect on the intention you explored.

Get outside for a minimum of 15 minutes without your phone or any other form of distraction. Describe some of the sounds, sights and smells you observed.

Attend class at a time of day that is different from your normal practice routine. What impact, if any, does time of day have on your practice?



Peace
in the
heart
of 
Salem