

W.O.W.

WACONWELLNESS



21-DAY YOGA CHALLENGE

INSTRUCTIONS: Build a well rounded yoga practice during National Yoga Month with the WAC 21-Day Challenge! Take a picture of yourself doing any part of the bingo card each day, post it on social media with a description, tag a friend to join the challenge or tag Wisconsin Athletic Club and we'll repost our favorites for a chance to win complimentary yoga swag! You can also enter by turning in this form when you have completed the 21 challenges. For help with any of the actions, ask your favorite WAC Yoga instructor for guidance. Challenge is September 10-30, 2018.

Member Name: _____ **Phone Number:** _____

Post with **#21DayWACYoga** to win!

 @WisconsinAthleticClub  @TheWAC

Be Centered and Grounded: Use a 3-part breath technique to calm the mind and body 1 featuring Missy Ziegler	Set an Intention: Post an intention you'd like to focus on during the challenge to the studio mirror	Be Grateful: Create and make daily entries in a gratitude journal	Be Rested: Do 5 – 10 minutes of yoga right before bed	Breathe: Attend the Intro to Breathing & Meditation Workshop Downtown WAC Friday, September 7 5:45 – 6:45pm Free to members
Salute the Sun: Mountain, Forward Fold, Down Dog, Plank/Kneeling Chaturanga, Up Dog, Down Dog, 3 Leg Dog/Lunge, Mountain/Chair 2 featuring Ashlee Spann	Share the Yoga Love: Invite a friend to a WAC yoga class	Calm your Mind: Practice mindfulness and deep breathing throughout your day	Believe in yourself: Pick a challenging pose, work together with a WAC yoga teacher to ease your body into the posture	Grow your Practice: Attend a WAC Workshop or Advanced class
Strong and Focused: Chair Pose, Crescent Lunge, Warrior 3, Tree Pose, Eagle • Mountain 3 featuring Maria Krutikova	Rise and Shine: Do 5 – 10 minutes of yoga upon waking to start your day	Take an Adventure: Use the WAC interactive group fitness schedule to find and attend a yoga class at a different WAC location	Savor: Practice 30 minutes of corpse or savasana pose	Breathe in Nature: Take your mat outside, enjoy nature as you move through poses
Wring It Out: Forward Fold Twist, Standing Twist, Low Lunge Twist, Wide Legged Forward Fold, Half Lord of the Fishes 4 featuring Jackie Peters	Find your Tribe: Spend time after a WAC yoga class getting to know the teacher and the other students	Take a Seat: Seated Cat/Cow, Shoulder neck rolls, Breathing/Centering Parvatasana into Twist, Seated Padangusthasana into pigeon, Gomukasana and Garudasana Arms, Ardha, Uttanasana 5 featuring Angela Demski	Nurture Yourself: Make and enjoy a healthy smoothie. Try the Chocolate Peanut Butter Protein Shake recipe at thewac.com/21DayWACYoga	Reflect: Close your eyes, reflect on your journey through the challenge. Embrace where you are and where you are headed in your practice.
Find Length: Legs up the wall, Eye of the needle, Knees to chest, Reclining bound, Reclining twist 6 featuring Cathy Stadler	<p> Visit www.thewac.com/21DayWACYoga for video demonstrations</p> <p> Wisconsin Athletic Club FIND YOUR CALM.</p>			