



## Moksha Yoga Bloor West 30-Day Challenge Orientation

Congratulations on participating in the 30-Day Challenge!

This is our brief email orientation to prepare you for the next 30 days of regular yoga practice. We will outline how the challenge works, offer tips and guidelines, and provide useful links to support you throughout the challenge.

### **How It Works**

You have made the commitment to practice 30 classes in 30 days. You may attend *any class* on our schedule, signing in for the class in the usual way. A large poster will be put up featuring participant names. Put up a sticker for each class you attend. This acts as a great motivational tool, and gives you a visual demonstration of your commitment to the challenge!

### **Plan Ahead**

Set an intention for your challenge (see 'Food For Thought' below). When you face difficulties (fatigue, distraction, etc), come back to this intention to motivate yourself to continue.

Plan what classes fit into your regular schedule. Identify possible obstacles, and pre-plan your strategy for overcoming these obstacles.

Tell your close friends and family about your challenge. Get them on board to offer support and motivation.

### **Take Care of Yourself!**

Tell instructors about any injuries or ailments. Ask for modifications. Ask lots of questions. Learn!

Support your challenge with rest, a balanced diet, electrolytes and water! Receive 10% off massage treatments during the 30-Day Challenge with our in-studio Registered Massage Therapist, Jason Sills.

Remember that this is a *personal* challenge. Sure, you can win some great prizes if you complete 30 classes in 30 days! And the challenge is not about winning a prize. It is about your intention, about sticking to a commitment, and about developing a regular yoga practice.

Read the following documents to learn ways to properly hydrate, to listen to the body, and sustain a daily yoga practice:

Basic Guidelines (a short read)

[http://www.mokshayogabloorwest.com/documents/30-DayChallengeGuidelines\\_005.pdf](http://www.mokshayogabloorwest.com/documents/30-DayChallengeGuidelines_005.pdf)

Tips & Tools for Rock'n the Challenge

[http://www.mokshayogabloorwest.com/documents/30DayChallengeTips\\_003.pdf](http://www.mokshayogabloorwest.com/documents/30DayChallengeTips_003.pdf)

## **The Details**

Challenge date: Monday, May 25<sup>th</sup> to Tuesday, June 23<sup>rd</sup>.

Participants may purchase the One-Month Unlimited pass for \$130.

Upon completing 30 classes in 30 days, your name will be entered into a draw. Prizes are three 3-Month Unlimited passes compliments of Moksha Yoga Bloor West, and one 1-hour Massage Treatment compliments of our in-studio Registered Massage Therapist, Jason Sills.

We will close the challenge with a Celebratory Yoga Class and Vegetarian Potluck. Prizes will be drawn that evening. Details to be announced soon.

## **Other Things to Know**

The studio will be posting a daily tip within the studio. Reflect on the tip each day and use it to guide and support your practice.

Part way through the challenge, we will offer a Question & Answer session. Details coming soon!

We would love to hear about your experiences throughout the challenge. Send updates to [info@mokshayogabloorwest.com](mailto:info@mokshayogabloorwest.com) to be included on our Moksha Interactive page and be entered to win a t-shirt, a stainless steel water bottle, and more!

Introduce yourself to fellow challengers. See how they're doing. Share stories, experiences, and have fun!

## **Food For Thought**

Your instructors often encourage you to infuse the balance of effort and enjoyment during your practice. For these thirty days, we will specifically focus on this aspect of your yoga. Most students find this to be yoga's true challenge. At times, maybe you have lazily 'hung out' in a pose knowing you weren't really achieving much. Or maybe you have forcibly held a pose for the full duration, pushing your body beyond its healthy limits. Thirty dedicated days commit to finding the middle ground, or the balance in between those two places. Thirty days of showing up in as many breaths as possible in a strong and stable physical sense, while feeling peaceful and happy at the same time. There may be days when you notice you will need to physically step up more or pull back some. Let the lessons begin!

If you still have questions, check out our **30-Day Challenge FAQ**  
<http://www.mokshayogabloorwest.com/com-interactive.htm#thirtydaych>