



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, 2017.

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

Post with #21DayWACyoga to win!

 @WisconsinAthleticClub  @TheWAC

Practice mindfulness and deep breathing throughout your day	Go to a new WAC Yoga class	Do a few minutes of yoga somewhere other than the gym	Do 5-10 minutes of yoga right before bed	Do 5-10 minutes of yoga right when you wake up
Bring a friend with you to a WAC Yoga class	Do yoga on vacation	Practice 30 minutes of corpse/savasana pose	Practice 20 minutes of yoga at home	Practice Yoga with the TRX at your favorite WAC location
SEQUENCE I: Side Angle, Warrior II, Reverse Warrior II, Triangle, Wide Angle Forward Fold - practice 3-5 times through each leg	Practice 60 minutes of yoga at home	Teach some yoga to a family member	Teach some yoga to a fellow WAC member	Take a private yoga lesson with a WAC yoga instructor
SEQUENCE II: Downward Dog, Plank, Side Plank, Locust, Cobra - practice 3-5 times through each arm	Practice 20 minutes of restorative/gentle/therapeutic yoga	Take a WAC breathing/meditation class	SEQUENCE III: Tree, Low Lunge, Easy Twist or Revolved Crescent Lunge, Plank, Downward Dog - practice 3-5 times through each leg	SEQUENCE IV: Thread the Needle, Child's Pose, Lying Quad Stretch - Half Frog, Bound Angle - Butterfly, Pigeon or Supine Pigeon - practice 3-5 times through each side
Take a Specialty/Advanced WAC Yoga workshop or class	<i>See a Personal Trainer or Yoga Instructor for more detailed instructions or a demonstration.</i>			



Wisconsin Athletic Club
FIND YOUR CALM.

Always consult your physician before starting any exercise program.
www.thewac.com/wow