

Are you ready for Yoga Loft's 30-Day Yoga Challenge?? January 5 thru February 3, 2009

Would you like to:

- Alleviate tension and increase your energy?
- Build strength, increase flexibility, and focus your mind?
- Enhance your performance in running, cycling, climbing, surfing, golf, or any other physical activity you enjoy?
- Step your yoga practice up to the next level and improve upon poses that have seemed "impossible"?
- Commit to a physical and mental challenge and *stay* committed?

Program Requirements:

- The challenge costs \$95 per person for 1 month of unlimited yoga. Non-refundable. If you currently have a class series, we will suspend that series until the end of the program, and your "prize" package will begin upon the completion of your previous series.
- Open to *all* levels. Beginners welcome.
- Participants are urged to attend the info meeting: Saturday, December 20th, 3:00pm
- Participants *must* attend a minimum of 5 yoga classes per week at the Loft (or 22 classes within 30 days). You may take any level. Yes, you may practice 2 times in one day. And, yes, it is safe to practice on the same day you run, bike, walk, or surf, etc.
- If you have to go out of town during the challenge, and you are travelling more than 2 hours drive from L.A., please collect receipts from classes taken elsewhere, and they will count.

FINISHERS will receive a CHOICE of:

40% off (1) class series purchase OR 15% off the auto-renew 1-month unlimited series for 6 months (the auto-renew series will be introduced in January 2009 and will replace the annual membership).

You will also receive a Yoga Challenge T-Shirt!

Are you ready for transformation? Call (310) 372-7334 or email Jaclyn Hinds at jaclyn@yogaloftmb.com to sign up. Please register by December 30, 2008.