

summer bingo

BE THE CHANGE YOGA

June 15th - July 15th

Name: _____

<p>Drink warm water with lemon before having your coffee</p>	 <p>Snap a pic at BTC and share to your IG! Don't forget to tag us! @bethechangeyogaoc</p>	<p>Spend TEN days</p>  <p>at BTC this month!</p>	<p>KARMA</p> <p>Make a tea donation to our Tea House or another non-profit org.</p>	 <p>10k STEPS today</p>
 <p>#NeverMissAMonday</p>	<p>Take a relaxing class!</p> 	 <p>Rock your BTC gear!</p>	<p>wind down</p> <p>attend a Friday evening class</p>	<p>Try a class you haven't taken before!</p> 
<p>garden!</p> <p>Plant your summer crops</p> 	<p>Come to our Open House on June 15th</p>		<p>Post a selfie!</p>  <p>Tag @bethechangeyogaoc</p>	<p>take a walk</p>  <p>(take a pic and tag @bethechangeyogaoc)</p>
<p>Attend a workshop during the month of June or July</p>	<p>Leave a review on Facebook, Google or Yelp!</p>	<p>Meditate at home for 10 min</p> 	<p>1/2 your weight in ounces of water today!</p>  <p>(take a pic and tag @bethechangeyogaoc)</p>	<p>Check-in on facebook</p> 
<p>Bring a NEW friend to BTC</p>	<p>Share your BTC love on social!</p> 	<p>3 days at BTC this week!</p>	 <p>Sit with a friend in the Tea House</p>	<p>Took class from THREE different teachers this week!</p>

***Post photos on YOUR personal Facebook or Instagram for your bingo square!
Don't forget to tag @bethechangeyogaoc if we can't see it, it doesn't count!***