

take two classes in one day	follow @liftyoga on facebook or instagram	try a warm or hot class	check into Lift on social	shop local and tag @liftyoga dunwoody: try Press Blend Squeeze alpharetta: try gusto! @avalon - opening 11/5
bring a friend to class, post a pic and tag @liftyoga	take a selfie with your favorite teacher and tag @liftyoga	take a "gentle", "restore", "meditation", or "nidra" class	treat yourself to some new yoga gear (extra credit if you buy a lift tank or t-shirt!)	show kindness to a stranger
join the free good vibe tribe group on facebook + say hi to your community!	take any vinyasa class		take 10 classes during the month of november	leave a review for lift yoga on google
spend time in nature	meet 2 new people in a class	try a new teacher!	take any early morning class (begins at 6a or 7a)	take a LiftLIVE class at home
eat healthy for a whole day	volunteer in your community	journal for 15 minutes	attend a FREE community class and tag @liftyoga	take a weekend class

LIFT YOGA + BODY BINGO

NAME: _____

LINE = TWO free guest passes

5 squares in any direction, including diagonal with free space

examples:



4 CORNERS = \$10 retail credit

can be used towards t-shirts, tanks, mats, RAD tools, etc.

all 4 corners:



X = free 5-class pass for you or a friend

total of 8 squares to create an X:



BLACKOUT = free unlimited pass for 1 month!

all 24 squares:



You can complete 2 squares per day, but only 1 square per class. For example, you can take a vinyasa class, with a new teacher, but you would need to choose 1 to mark on your card.

Please practice **satya** (truthfulness) and use the honor code when marking your card. **Namaste!**