



Yoga Month Bingo!

Benefiting the Peace River Wildlife Center

Take the 7am Sunrise class on Tues or Thurs	Bring a friend that is new to TYS. (1st time on us!) ³	Go for a 30-minute walk with no devices	Write down 5 things you are grateful for	Give! \$5 to PRWC ¹
Set an intention at the start of your week and journal about it	Try a class or teacher that is new to you	Share your favorite yoga quote on FB and tag TYS.	Give! \$10 to PRWC ¹	Help spread the word & write a review about TYS on Google, Yelp, or TripAdvisor
Take a vow of silence for 1 hour	Show or wear your TYS gear (t-shirt, hat, water bottle) and post a pic to Facebook, tag TYS	Take 20 TYS classes in 30 days (online/in-studio) or donate \$25 to PRWC¹	Introduce yourself to someone new before or after class. Online folks: connect with someone via chat	Do a restorative pose before bed 3 nights in a row
Walk barefoot in the grass (bonus: do a yoga pose!)	Give! \$15 to PRWC ¹	Practice loving-kindness meditation (Metta) and send it to a stranger	Practice a balancing pose every day for a week	Pay it forward – perform a selfless act of kindness
Give! \$20 to PRWC ¹	Share your favorite yoga book or podcast with someone	Do 5 rounds of Sun Salutations (or a variation of) at home	Make a TYS Boutique purchase (15% off all month) or buy one item from PRWC's wish list ²	Take a digital detox for one full day (No screens)

How to Play:

- Pick up your Bingo board at the studio or download it from our website
- Set your intention for the month—Are you here to explore? Recommit? Connect more deeply? There's no wrong answer!
- Start anywhere. Choose a square that speaks to you—whether it's attending a new class, sitting in silence, or performing a small act of kindness
- Mark off each square as you go—each one is a reminder of how rich and varied the practice of yoga can be
- Complete a row (horizontal, vertical, or diagonal) to earn a reward and be entered into the grand prize drawing!

Yoga Month Bingo Timeline & Details

- The game runs September 1 – 30. Join anytime throughout the month!
- To complete the Center Square Challenge (20 classes in 30 days), consider pausing your class package and switching to a \$120 monthly membership for unlimited in-studio and online access (\$98 for online only). Just let a TYS teacher know!
- Bingo Rules:
 - Complete squares between Sept 1–30
 - Rows can be horizontal, vertical, or diagonal
 - Each completed row = 1 raffle entry
 - A full board = 12 entries for the Yoga Month Bingo Grand Prize raffle drawing (valued at over \$300)
- Submit your board and PRWC donations by 11:30am on Friday, Oct. 3
 - Practicing from afar? Email a photo of your completed board to info@theyogasanctuary.biz
- Raffle drawing takes place on Saturday, Oct. 4
- Visit www.TheYogaSanctuary.biz/yoga-month for full event and prize details!

Things to know

1. Donations accepted at The Yoga Sanctuary (cash or check only; make checks payable to Peace River Wildlife Center). Donate online or view the wish list at: www.prwildlife.org/support-prwc
2. View PRWC's Wish List here: www.prwildlife.org/support-prwc/stock-our-wish-list/
3. Register a friend for a free in-studio or online class using promo code **YOGAMONTH**.