

May 2021 Yoga & Hike Challenge

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Challenge Rules:

- 1 YOGA CLASS PER WEEK OR 4 FOR THE MONTH (*circle the classes taken*)
- 2 LOOP DE LOOP HIKES PER WEEK OR 8 FOR THE MONTH (*write Loop de Loop on days you did this hike*)
- 1 LOWER LAKE LOOP PER WEEK OR 4 FOR THE MONTH (*write Lower Lake Loop on days you did this hike*)

2 4:30pm Back Hip Roll _____	3 5:30pm Yoga & Roll _____	4 8:30am Vinyasa Flow _____	5 5:30pm Restorative Yoga _____	6 8:30am Vinyasa Flow _____	7 _____	8 _____	
9 4:30pm Back Hip Roll _____	10 5:30pm Yoga & Roll _____	11 8:30am Vinyasa Flow _____	12 5:30pm Restorative Yoga _____	13 8:30am Vinyasa Flow _____	14 _____	15 _____	
16 4:30pm Back Hip Roll _____	17 5:30pm Yoga & Roll _____	18 8:30am Vinyasa Flow _____	19 5:30pm Restorative Yoga _____	20 8:30am Vinyasa Flow _____	21 _____	22 _____	
23 4:30pm Back Hip Roll _____	24 5:30pm Yoga & Roll _____	25 8:30am Vinyasa Flow _____	26 5:30pm Restorative Yoga _____	27 8:30am Vinyasa Flow _____	28 _____	29 _____	
30 4:30pm Back Hip Roll _____	31 5:30pm Yoga & Roll _____	Name _____ Phone _____ Email _____				This Challenge is at your own Risk! Please hike safely and let someone know when and where you are going and when you get back!	