

SPRING YOGA CHALLENGE

Any class with a live musician	Rep a GPY shirt to class	Any class at the SoPo studio	Attend the Fundamentals class	Any 7:30AM class
Any 12PM class	Attend a Friday night class 4:30pm or later	Any 7PM class	Post a photo on IG or FB tag @greenerpostures yoga	Practice in the studio 5 days in a row
Attend a virtual class live or replay	Attend a workshop	Any Monday or Tuesday class	Any 6AM class	Any Yin class
Any class with a teacher that is new to you	Any 4PM class	Attend a Mat Conditioning class	Any class at the Falmouth studio	Attend a Yoga Nidra class
Any weekend class	Attend a community class	Take a double header Both a Vinyasa a Yin class in a day	Any Deep Stretch class	Post a testimonial on Google or Facebook

Spring is the season of growth! Join the GPY community by participating in this challenge. Attend class and collect stamps as you go. Use it as an opportunity to step outside your routine & comfort zone and try something new.

RULES:

- Challenge dates are **April 1st - 30th**
- **Must have your board with you at the time of class to get a square stamped** by the teacher or SA - no retroactive stamping or combining boards
- **Only one stamp in one square per class**
- Submit your **one** board by May 4th
- Arrive early, be patient and kind to all!

PRIZES:

- **Any 5 squares** = 1 class pass
- **BINGO** (5 in a row, any direction) = 1 class pass + entered into raffle
- **FULL board** (all squares) = Summer 3 month unlimited pass (6/1-8/31) + entered into raffle

Raffle prizes:

- *New Jade Yoga mat*
- *New GPY sweatshirt or tank (you choose)*
- *5 class pass or 10 virtual class pass (you choose)*
- *10 class pass*

Winners will be picked & notified May 9th

Name:

Email:

CLASS SCHEDULE

The **Falmouth Studio** is located at 65 Gray Rd. (in the plaza next to Hannaford)

The **South Portland Studio** is located at 740 Broadway

Sign up for classes in the Union app or at greenerposturesyoga.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		Vinyasa Flow South Portland Vinyasa Flow Falmouth	Vinyasa Flow South Portland Vinyasa Flow Falmouth	Vinyasa Flow South Portland Vinyasa Flow Falmouth	Vinyasa Flow South Portland Vinyasa Flow Falmouth		
7:30am	Vinyasa Flow Falmouth			Vinyasa Flow South Portland		Mat Conditioning South Portland Vinyasa Flow Falmouth	Vinyasa Flow South Portland Vinyasa Flow Falmouth
9:00am	Vinyasa Flow Falmouth	Vinyasa Flow Falmouth	Vinyasa Flow Falmouth	Vinyasa Flow Falmouth	Vinyasa Flow Falmouth	Vinyasa Flow South Portland Vinyasa Flow Falmouth	Vinyasa Flow South Portland Vinyasa Flow Falmouth
9:30am	Vinyasa Flow South Portland	Vinyasa Flow South Portland	Vinyasa Flow South Portland	Vinyasa Flow South Portland	Vinyasa Flow South Portland		
10:30am			Deep Stretch Falmouth			Yin Falmouth	
11:00am						Vinyasa Flow South Portland	Vinyasa Flow South Portland Vinyasa Flow Falmouth
12:00pm	Vinyasa Flow South Portland Vinyasa Flow Falmouth	Vinyasa Flow South Portland Vinyasa Flow Falmouth	Mat Conditioning South Portland Vinyasa Flow Falmouth	Vinyasa Flow South Portland Vinyasa Flow Falmouth	Vinyasa Flow South Portland Vinyasa Flow Falmouth		
2:30pm	Deep Stretch South Portland		Deep Stretch South Portland		Deep Stretch South Portland		
4:00pm	Vinyasa Flow South Portland	Vinyasa Flow South Portland	Vinyasa Flow South Portland	Vinyasa Flow South Portland	Vinyasa Flow South Portland	Vinyasa Flow South Portland	Vinyasa Flow South Portland Beginner's Series Falmouth
4:30pm	Vinyasa Flow Falmouth	Vinyasa Flow Falmouth	Vinyasa Flow Falmouth	Vinyasa Flow Falmouth	Fundamentals Flow Falmouth		
5:30pm	Vinyasa Flow South Portland	Yin South Portland	Vinyasa Flow South Portland	Vinyasa Flow South Portland	Rotating Gentle Class South Portland		Deep Stretch South Portland Yin Falmouth
6:00pm	Prenatal Series Falmouth	Community Flow Falmouth	Vinyasa Flow Falmouth	Yin Falmouth			
7:00pm		Vinyasa Flow South Portland	Community Flow South Portland				

Have questions about which classes would fill certain squares? Ask us at the desk