



# OCTOBER 1

## 21-DAY

## CHALLENGE

*Breathe, Practice, Repeat*

Take the Fall challenge and commit to 21 days of practice. Revisit your yoga mat every day for three weeks and watch how your practice, state of mind, and energy, change and grow on a daily basis. Discover the power of diving into quiet concentration linked with movement and breath and practice the art of resetting the overstimulated or stressed mind. Replenishing the body with motion and meditation will lead to healthier life perspectives. This is a chance to embrace happiness & wellness. Join us and let the transformation begin!

**yogapalace**

**\$10**  
**ENTRY**

**ENTER TO**  
**WIN A**  
**MONTH**  
**UNLIMITED**

**21-DAYS**  
**=GRAND**  
**PRIZE**  
**6 MONTHS**  
**UNLIMITED**

**BEST PHOTO**  
**5-CLASS PASS**

**YP**  
**T-SHIRT**

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October 1-21, 2016