




2019 August Ascent Bingo

August 5 – September 6, 2019

PRIZES:

- 1st – One month of unlimited yoga
- 2nd – Manduka yoga mat
- 3rd – One free yoga class for winner and a friend

*Must turn in sheets to studio by Friday, September 6 to be eligible for prize drawing. One sheet per person.
All participants receive a FREE Udana "Grow Your Greatness" bracelet when you turn in your BINGO.
Winners announced Friday, September 13!*

Check-in to Udana on Facebook (and tag us!)	Pay it Forward: Do something nice for someone you don't know	Take a picture with your favorite teacher at Udana and post to social media (be sure to tag us!)	Share why you practice yoga via email or social media (be sure to tag Udana!)	Post a review of Udana on Facebook
Have someone snap a pic of you in your favorite yoga pose, post the pic to social media (be sure to tag Udana!)	Take a daytime class	Meditate for 10 minutes a day for 10 days in a row.	Practice Gratitude: write a note to say "thank you" to someone you appreciate	Refer a friend who buys a package at Udana (New Student Special counts!)
Yoga Date: Bring your partner (or a friend) to class (doesn't have to be new to Udana)	Post a review of Udana on Google		Take an evening class	Introduce yourself to someone you don't know in a class at the studio
Attend 3 classes in one week	Wear an Udana shirt, snap a pic, and post on social media (be sure to tag us!)	Tell us what you love about Udana! Email a testimonial we can share.	Spend a day in nature, post about it on social media and tag Udana.	Share an Udana Yoga Facebook post (be sure to tag us!)
Take a pic of yourself at the studio, post it on social media, and tag Udana	Practice 3 minutes of your favorite breathing technique (pranayama) for 5 days in a row	Post a review of Udana on Yelp	Bring a friend (new to Udana) to class	Attend 2 classes in one week

PARTICIPANT FIRST NAME & LAST NAME: _____

EMAIL OR PHONE NUMBER: _____