



Thank you for joining us for our semi-annual, 21-Day YOGA CHALLENGE!

Every day, starting February 6, 2023, a new yoga pose will be posted on our social media pages, Instagram and Facebook, along with a description and modifications for the pose. Students are encouraged to create and share varying expressions when practicing and sharing their own variation of each pose. Yoga is personal and for everyone and there are no limits!

Participants completing all 21 days of yoga must post their challenge pic or video ON the day of each challenge (by midnight of each challenge day). Feel free to share a photo, video clip, collage and more! Those completing all 21 days of the challenge and sharing on both Facebook and Instagram platforms will be entered in our GRAND PRIZE drawing at the end of the 21 day challenge, however, all registered participants, have a chance to win one of 3 prizes!

To participate:

1. Must register for this challenge. If you are reading this email, you are registered!
2. Daily participation; practice the daily challenge pose AND post a picture or video post of yourself in the pose on Instagram and/or Facebook.
3. Tag the studio location on Facebook (check in) to earn an entry drawing entry. For Instagram, "add location". (This is how we count your drawing entry, so don't forget to do this part on both platforms to qualify to be entered in an amazing grand prize drawing! :)
4. Use the hashtag for our yoga community so we can look up your pics to see and it is also helpful for us to locate and tally your entry for our drawing. #agapeflowyogawinterchallenge2023
5. Earn Double entries for those that post their challenge pic on BOTH Facebook and Instagram and be entered in our drawing for the GRAND PRIZE worth hundreds of dollars!

This is a great opportunity to get plugged into a daily practice AND it is a double whammy... you practice some poses and earn points towards winning a prize! And we gotta tell you, our yoga challenge prizes are AMAZING!

The 21-Day Yoga Challenge runs 2/6/23 through 2/27/23 at midnight. We will announce the winners of the challenge on 2/28/23 @6pm pst.

This online challenge is open to everyone, and mainly, we do this for our TRAUMA WARRIORS! As a community of women and women's advocates, we have helped dozens of women in their healing journey, and with your help, we will continue to. Please consider making a donation in any amount to help women healing from all types of trauma. Here is the link to donate: paypal.me/agapeflowstudio

Thanks for joining us!