

Don't wish for it...  
**work for it!**

~ BARON BAPTISTE



July 9th - July 29th

**FREE** to enroll: 21 classes in 21 days.

Are you ready to connect to YOU—the  
benefits are endless!

Here are a few guidelines to get started:

- \* Use your own class pass to practice.
- \* No more than 2 classes a day are permitted. Classes can be any combination of yoga and meditation classes in one day.
- \* If you complete the challenge, submit your entry at:  
<https://www.breatheyoga.com/21-day-2018-challenge/>
- \* You will be eligible to win one of the following prizes:

**\$200 breathe gift card**

**\$100 breathe gift card**

**\$50 breathe gift card**

- \* All submissions are due in by July 31st. Everyone that submits an entry will receive a confirmation email that they are in the drawing. If you do not receive a confirmation, please email [info@breatheyoga.com](mailto:info@breatheyoga.com)
- \* Prize drawings will take place on Friday, August 3rd via Facebook live and you will be notified of your prize!

**Enroll at any location or call (585) 248-9070**

*Pittsford 19 South Main St; Webster 980 Ridge Road; Downtown Annex 930 East Avenue; College Town 34 Celebration Dr;  
Greece 1110 Long Pond Road; Victor 400 Commerce Drive, Suite 100; Syracuse 6823 E. Genesee St, Fayetteville*