

# B<sub>100</sub>

Lifestyle Challenge

**Complete 100 Classes at B-1Yoga in 365 Days,  
Receive a FREE embroidered B-1 Yoga Jacket!**

To encourage yoga as a part of your every day life.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Cell: \_\_\_\_\_

**Terms of Agreement (please initial each):**

\_\_\_\_\_ 100 Classes at B-1 Yoga in a 365 Day Window (any window, can start anytime)

\_\_\_\_\_ Must be a member at B-1 or practice for over 10 months at B-1 Yoga

\_\_\_\_\_ I'm okay with a phone call, text, or email from a B-1 staff member if I fall off and am not in attendance for over a month. I also may lose my spot on the board and have to start over.

\_\_\_\_\_ (yes/no) I would like my name on the board. If not spots are available I would like to be on the list and notified when available. Note: that we are still keeping track of attendance in the system regardless.

\_\_\_\_\_ (yes/no) I am okay with my name being used in conjunction with B-1 Yoga on social media, website, and displayed in the studio. (It is not necessary to say yes, we just want to know if you want to share your experience.) **#b100yogalifestyle**

My Facebook Account Name \_\_\_\_\_

My Instagram Account \_\_\_@\_\_\_\_\_

My Twitter Account \_\_\_@\_\_\_\_\_

**I follow B-1 Yoga on social media!** \_\_\_\_\_ yes \_\_\_\_\_ no  
(facebook: B1Yogalowa,      instagram: @B1Yoga      twitter: @b1yogadubuque )

**I am entering this challenge (check all that apply):** \_\_\_ to get a B-1 Towel  
\_\_\_ to feel better \_\_\_ to see how a regular practice feels \_\_\_ a personal challenge  
\_\_\_ social/friends challenge \_\_\_ because I love yoga

Signature \_\_\_\_\_

Date \_\_\_\_\_

Instructor Name \_\_\_\_\_

