



Yoga Challenge

Contemplation Concentration

Challenge Contact Information:

Dianna Hakes: (920) 842-2411
Northwoodsyooga@granitewave.com
Northwoods Yoga

Challenge Instructions:

- Bring a yoga mat
- Wear Comfortable clothing
- Write on a piece of paper one thing in your life that you would like to improve and one thing that is going well for you right now.

These items will not be shared with the class.



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