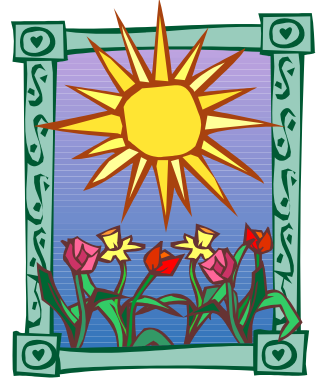


Spring Yoga Challenge 2011 Contract



I _____ commit and promise myself that I will do 20 minutes or more of asana and/or pranayama practice, and 10 minutes or more of meditation every day from March 10 to March 31, 2011.

I want to do this for the following reasons: _____

_____.

Signed: _____

Date: _____



Review your reasons for joining the challenge when you feel less committed. Consider purchasing a 6-class ticket for \$45 (\$5 off the regular price). Attending a regular class can help you keep your commitment to yourself and enrich your yoga experience.