

2018 May Mysore Challenge...

Join us this May for our Mysore Challenge and a chance to win 1 Month of Unlimited Yoga!

In Ashtanga Yoga, 'daily' practice means one rest day per week and no practice on new and full moon days. Women also rest for 3 days during menstruation. Practice 'daily' during May and you will be eligible for a chance to **win 1 Month of Unlimited Yoga.**

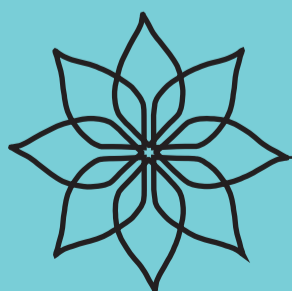
To participate simply sign-in and do your practice. To qualify for the drawing women must practice 22 days and men 25 days between May 1st and 31st. All classes can be included in your tally.

Everyone who signs up and successfully completes the Mysore Challenge receives **20% off** their next full priced Monthly Pass!

After the completion of our Mysore Challenge we will get together to celebrate our accomplishment, drink chai & draw the winner.

'Practice becomes firmly established when it is cultivated skillfully and continuously for a long time.'

Yoga Sutra of Patanjali 1:14



ASHTANGA **YOGA** MELBOURNE

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