



PALM + PINE

BACK-TO-THE-MAT BINGO

ATTEND A LIVE COMMUNITY CLASS VIA ZOOM	READ FOR 5 DAYS IN A ROW	CREATE A YOGA PLAYLIST	FOLLOW P+P ON INSTA & FACEBOOK	REFER A FRIEND WHO PURCHASES THE TRIAL SUBSCRIPTION
SHARE YOUR PLAYLIST IN THE FACEBOOK GROUP	SHARE A PIC WEARING P+P GEAR & TAG US ON SOCIAL!	TAKE 10 INTENTIONAL BREATHS	TAKE A "DAY OFF" FROM SOCIAL MEDIA	JOURNAL ONCE A DAY FOR 5 DAYS
TRY A NEW POSE	CHECK IN WITH A LOVED ONE'S WELL-BEING	<i>Note</i>	SHARE A PHOTO OF YOUR HOME STUDIO IN FACEBOOK GROUP	START YOUR DAY WITH AT LEAST 10MIN OF YOGA
PICK UP SOME P+P MERCH ONLINE OR IN-STUDIO (YOU GET 10% OFF!)	DRINK 60OZ WATER EVERY DAY FOR 5 DAYS	TAKE THE SAME CLASS AS A BUDDY & REFLECT TOGETHER	SHARE SOME YOGA INSPIRATION AND TAG US!	NAME SOMETHING YOU'RE GREATFUL EVERY DAY FOR 5 DAYS
SHARE IN THE FACEBOOK GROUP	PATRON A LOCAL BUSINESS	DECLUTTER YOUR PERSONAL SPACE	SPEND 30 MINUTES IN NATURE	PRACTICE 3X IN ONE WEEK



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