



244 Pine Ave Long Beach, CA 90802

www.oliveyoga.me

OLIVE YOGA 21 Day Challenge begins November 2nd

Non-Members - \$108.00 to join for one month of yoga at Olive Yoga and to be entered into the challenge. If you make it to the studio and complete all requirements for the 21 days then you earn another month of yoga and are entered in to win amazing healing prizes provided by our teachers and our community.

Members can enter the challenge for \$48.00 and can earn credit to their account to use for more yoga, workshops or products: yoga mat, yoga bag, CBD cream or DoTerra oils.

All requirements are as follows:

1. You must attend one class a day at the studio and check in using YELP, Facebook or Instagram. You must write a review on one of those platforms by the end of the challenge. Please use hashtags: #oliveyogalb #21daychallenge #changeyourlife
2. You must meditate daily for minimum: 3 min for the first week, 7 min the next week, 11 min the third week, 21 minutes on the last day and write about your experience at the end on our Facebook page. Keep a journal of your daily meditation practice and take a picture a day and post on social media. You can use our computer at the studio if you don't have Facebook or IG.
3. You must give up three things from your diet that are blocking you from better energy and clarity. Choose from the following: White sugar, dairy, meat, gluten, alcohol, caffeine. You can give up all of these for a true deep cleanse but pick the three you can commit to. Keep a food journal and see the changes. Please create one post at the end on social media sharing your experience.
4. When you accomplish all these tasks, please come into the studio by December 1st to share your journal entries. 21 entries for each meditation and day for food. If you want them private then we will only count the pages. *You will receive a Wellness Coaching session with Elizabeth Olive and make a plan to continue your wellness journey that suits you.

*Prizes will be announced by Dec 8th with a celebration after the 5:30pm class with music, treats and community gathering together to celebrate the path of spiritual yoga. Every person will receive a raffle ticket upon completion of the challenge, for their journal entries and for their posts and review.