

Spring into the Outdoors

Bingo

Directions: Take a photo of yourself completing a square and post it to the Wellness Group

To Win: Turn in your completed card to be entered to win entrance to Gina's Meditative Arts Workshop!

Take a
Hike

Adopt a
Plant from
the Front
Desk

Take a
Photo
Outside:
Crescent
Lunge

Meditate
Outside

Attend an
Outdoor
Series Class

Read
Outside

Take a
photo
outside:
Half Moon

Attend an
Outdoor
Series
Class

Attend an
Outdoor
Market

Meditate by
a Body of
Water

Watch
Wildlife

Attend an
Outdoor
Series
Class



Take a
Photo
Outside:
Tree Pose

Attend a
Themed
Class

Take a
photo
outside:
Warrior II

Take a
Mindful
Walk

Pick Up
Litter

Attend an
Outdoor
Series Class

Take a
Nature
Walk

Mediate
with a
Rock or
Stone

Attend an
Outdoor
Series
Class

Attend a
Themed
Class

Plant a
Garden

Take a
photo
outside:
Mountain
Pose

All Proceeds from Adopting a Plant Benefit the Ignite Yoga Foundation!

