

SIGN UP FOR THE SUMMER 15 OR 30 DAY CHALLENGE!!!

To anyone considering the Challenge...

HOW DOES THE CHALLENGE WORK?

1) Please note the Challenge is FREE, we just recommend you purchasing a pass to save you money.

-If you participate in the 15-Day Challenge it is suggested that you purchase a 10-Class Card @ TT\$480.00... That means you get 15 classes for the price of 10!

-If you participate in the 30-Day Challenge it is suggested that you purchase a Monthly Unlimited Pass. **Those who take part in the 30-Day Challenge and purchase a Monthly Unlimited Pass get *\$70 OFF their next Monthly Unlimited Pass after the Challenge.

If you are interested in participating, please write your name on our list, ask at the front desk, or email Karen Blackman at karen@mokshayogatrinidad.com.

*PLEASE NOTE: This discount cannot be applied to the next Challenge you take part in. Discounts only apply for non-Challenge periods.

2) A Challenge is a great way to detox the mind, the body and enhance your spirit. Your goal is to try to do one (1) class for every day of the Challenge you choose.

3) For each class you complete, you get to put a sticker up on the Challenge Board... This helps you monitor your progress.

4) If you are already signed up in **other types of physical classes, then those classes can count toward your Challenge. If you just can't make it to all the classes then try meditation, journaling or reading a book on yoga, but try to make it about doing as many yoga classes as you can. **ASK KAREN

5) You can make up for a missed class by taking two classes in one day. On those days, put the second sticker on the same day you choose to do a double.

6) This is a personal challenge so if you find that you can't get enough classes on the schedule then do something else to make up the missed day(s). You don't have to give up your Pilates or Belly dancing classes etc.

7) If you are already doing classes with Karen Stollmeyer, or Susie Dayal, or Hari Sant/Rosanna Farmer or Beanie... or ANY other kind of yoga... those yoga classes will count

COMMUNITY SPIRIT THEME:

We last had our No Meat, No Sugars Lenten Challenge...

This time... the focus is on a different sense of well-being...

Our Summer 2010 Challenge Theme is COMMUNITY SPIRIT! Where has it gone???

Let's challenge ourselves to rekindle it!

- It's a vacation period for many. Volunteer to clean the yard, mow the lawn, take care of pets and plants of neighbours who are away on vacation
 - Help a neighbour repair their home
 - Organize for carpooling in neighbourhood to cut down on air pollution
 - Adopt a pothole, playing field, stream/river, street/highway - raise funds &/or organize group to repair and keep clean.
 - Organize with neighbours to have recycling bins in the area. Contact Plastikeep, Recycling in Motion, Piranha International)
 - Identify corners and clear bushes that make it difficult for drivers to see
 - Organize a neighbourhood group to plant, tend and harvest a vegetable garden or plant a tree where the whole neighbourhood can enjoy it. You can even set up a seedling or plant exchange!
 - Plant or present a tree for each new birth or death in your community.
 - Start a compost pile and encourage your family to use it!
 - Buy products that are organic or made from recycled materials.
 - Pick up litter. Even if it's not yours!
 - Take a life-saving class.
 - Donate blood or organize a blood drive with the Red Cross.
 - Make First Aid kits or care packages (socks, T-Shirts, etc) for homeless shelters.
 - Collect unused make-up and other cosmetics for a center for abused women.
 - Raise money for Braille or large print books for blind or visually impaired persons.
 - Organize and help build a ramp for a person in wheelchair so it's easier for them to get in and out of their home.
 - Set up a webpage for for a non-profit organization.
- Share a talent. Teach art, reading, a skill, a sport, a game, an instrument to someone who doesn't know how.
- Befriend an elderly person. Take them for a walk, read to them, show them how to use a computer or how to play a new card game.
 - Check up on elderly who lives on their own. Pick up medicine etc., run errands, or do cleaning for them.
 - Organize a community dog wash.
 - Volunteer at an animal shelter
 - Collect newspaper to donate to animal shelter.
 - Become a foster parent or adopt a pet from a shelter instead of buying one.
 - Collect old sport equipment and donate it to those a family or shelter in need.

DIETARY THEME:

You may also want to consider lessening or cutting out entirely certain things for the CHALLENGE. This is all depending on where you are at regarding your practice, and is totally OPTIONAL... It is simply a way to increase the detoxification of your system that will already be taking place with the continuous yoga.

- Things like... CIGARETTES/MARIJUANA (if you are a smoker, maybe just not smoking until after 6pm could be a start, or after 12pm. Good to give the lungs a little vacation);

- CAFFEINE (it is a drug, and chances are if you drink it, you're addicted to it. Try Caffeine free coffee or even try some caffeine free herbal teas);

- SUGARS - things like too many sweets, juices, pop, alcohol (a little wine is good for the heart according to the French, but watch the beer and hard liquor), cakes, extra sweet fruit. Now note there is a difference between Oh Henry's chocolate and a natural dark chocolate - one is candy and one is great for enhancing your sex life *wink*!

"WHAT DO I GET FOR DOING THE CHALLENGE?":

And in anticipation of the ever-popular question... (some really make it sound harder than it really is) *wink*... You get a full detox- MIND AND BODY... You'll help preserve our planet... Help in saving Trinidad and Tobago's environment, animals, ah few trees... *imagining Karen breaking out singing Michael Jackson`s, "Heal the World", right about now... And we mean "breaking"... Alyuh ever hear Karen sing???"

Oh! *we swear some people only do the Challenges for this*... We get to put stickers to mark our accomplishment each day!!! YAAA-EEE-YAY!!!... STICKERS!!! Karen said she's brought back some kewl ones too! Woy-woy!!!

WHAT TO EXPECT DURING THE CHALLENGE:

1) The next 15/30 days will take hard work, dedication and determination. This experience will challenge your body, your mind and your time management skills... Keep believing in yourself - you can do it!

2) There will be days when you will want to make excuses to miss class... take it one day at a time, and try to recommit yourself to the challenge each and every single day. If you miss a day or two, don't give up on yourself. Keep moving forward and just try to continuously recommit yourself.

3) There will be days during the challenge when you will want to spend most of the class lying on your mat and resting... One of the greatest gains you can get out of this challenge is not necessarily the stamina to perform a vigorous yoga practice every day for 15 OR 30 days, but rather the ability and commitment to make time for yourself in your busy schedule each and every single day. If just being in the room for class is all you can do, you've still given yourself the gift of an escape from your day, and an opportunity for more clarity and peace of mind. Another valuable reward of the challenge is the ability to recognize and honor what your body needs.

4) Finally, be prepared to do lots of laundry!

5) Drink lots of Water! - With your challenge, try adding one more litre to your day. Here are some water drinking tips: Drink 500mL when you get up in the morning; Drink a glass of water before you go to bed (eventually your bladder will adjust and you won't have to go to the washroom in the morning); If your urine is dark it usually means you need more water; if your urine is too light then you can cut back; **JUICE DOES NOT COUNT AS WATER!**

6) Rest - You may have heard that many yogis need only 4-5 hours of sleep a night. Perhaps one day when we all get to the point where we can meditate throughout class, we'll get there. Until then it is really important to rest at least 7-8 hours a night. If you can't get 7-8 be sure to have a few recovery nights where you can sleep 8-9 hours. Let us know if you have sleeping issues, and we can try to give you some tips.

HAVE FUN

This is the most important part. Introduce yourself to fellow challengers, see how they're doing. Go to the movies, hang out with friends, take time to chill out and try not to take yourself, or the CHALLENGE too seriously! Just keep in mind that if you don't complete all the classes in 15 or 30 days, you are still wicked and wild, wild and wicked! This is a personal challenge. There is no penalty for missed days. Just do your best!

Loving you all long time and see ya in class!

Namasté!

De Moksha Yoga Trinidad Crew.