

# Home-bound Yogi BINGO!



April 6- ?? -- BYO sparkly star stickers!! Print this out & stick em on.

**BLACKOUT PRIZE:** 1st person to get a blackout wins goodies delivered from HHY: WAY mat, yoga shorts, HHY shirt, Fifty/Fifty water flask AND book "How Yoga Works!"

**B I N G O**

<p><b>HOME STUDIO</b> Take a pic of your home yoga space, post on your personal FB profile, check in at Home Hot Yoga</p>	<p><b>DETOX DAY</b> Eat no processed food for the day (yeah, bread counts!) Load up on fruits and veggies</p>	<p><b>UNPLUG</b> Go offline completely for a day: no social media, no Zoom (ok maybe just for yoga!)</p>	<p><b>WALK IT OUT</b> Go for a walk today, in your neighborhood or in nature. Focus on your steps and the feel of your feet on the ground.</p>	<p><b>GET SOME AIR</b> Practice your yoga outdoors today! Post a photo of your setup on your personal FB &amp; check in at HHY.</p>
<p><b>FAMILY AFFAIR</b> Get a family member (or friend!) to join you for a Zoom class, from anywhere! #YogaFam</p>	<p><b>RECONNECT</b> Call, text or email a friend you have not connected with in the last 6 months.</p>	<p><b>FILL 'ER UP</b> Hydrate! Drink water: At least half your body weight in ounces, 3 days in a row.</p>	<p><b>SANITY STRATEGY</b> Post in our Community FB Group what (or who) is keeping you sane right now. #SanityStrategy</p>	<p><b>TESTIFY</b> Write HHY a glowing review on Google, Facebook or Yelp specifically about online classes.</p>
<p><b>BATHE</b> Take an extra long, extra hot, extra relaxing bath or shower today.</p>	<p><b>PJ's ALL DAY</b> Spend an entire day in your PJs. Tell others you have to, because #HHYBingo</p>	<p><b>FREE SQUARE</b> This one is FREE, just for being YOU! Winner!</p>	<p><b>DE-CLUTTER</b> Choose one drawer, cabinet or closet to declutter. Marie Kondo the heck out of it.</p>	<p><b>GO BACK</b> Do you remember your first yoga class? What has changed? Tell us about it in the Community Group! #gobackwayback</p>
<p><b>ON TIME &amp; READY</b> Snap a pic or video of you setting up to take a Zoom class, post on your personal FB page &amp; check in at HHY.</p>	<p><b>ATTITUDE OF GRATITUDE</b> Make a list of things you are grateful for. Tape it up where you can see it!</p>	<p><b>FAVORITE POSE</b> Share a photo of you in your fave yoga pose on your personal FB, and WHY it is your fave- and check in at HHY of course!</p>	<p><b>NEWS VACATION</b> Take a break from reading, watching, or listening to the news for one entire day.</p>	<p><b>BOOK CLUB</b> Tell us what book you are reading. Post a pic of the cover in our Community FB Group. #BookClub</p>
<p><b>QUIET YA MIND</b> Try seated meditation today, for 2-10 minutes. You can use a guided meditation app like Calm, or just say "mama gimme \$" over and over...</p>	<p><b>BREATH CONTROL</b> Take 5-10 minutes to focus on relaxed, calm breathing. Hide in your closet if necessary!</p>	<p><b>SILVER LINING</b> Share 3 positive outcomes from staying at home to your personal FB profile and check in at Home Hot Yoga. #SilverLining</p>	<p><b>JUST CHILL</b> Designate a 90-minute block of time where you do WHATEVER you want. Just for you.</p>	<p><b>HHY RECIPE SHARE</b> Share your signature recipe in our Community FB group. Tag #HHYFoodie</p>

## HOW TO PLAY

Mark up to 1 BINGO square a day when you complete the activity.

When you achieve a BINGO, post #BINGO in our Community FB Group so we can celebrate!

When you achieve a BLACKOUT, post #BLACKOUT in our Community FB Group so we can celebrate BIG TIME!!

\*\*ONLINE CLASS ACCESS: You can access live and recorded classes at [homehotyoga.com/online](http://homehotyoga.com/online)