



Welcome to Leap Yoga's 100 Club and congratulations for making a commitment to your health and well being in 2013.

As you may know, yoga can improve your strength and flexibility, increase lung capacity and help you manage stress. Practicing yoga can also create a sense of calm and peace in your life. At Leap we believe that one of the greatest gifts of this practice is the deep sense of connection to yourself and others.

The purpose of the 100 club is to help motivate and inspire you to reach the goal of 100 yoga classes. We have an amazing community at LEAP and the 100 club is an opportunity for you to become more involved.

When people set goals at the beginning of the year, the motivation is very high at first. Just notice how crowded gyms are in January. However, as March and April come around, the goals of January are forgotten or pushed aside as life takes over. We don't want that to happen to you. So, to support you on this journey we will be sending out periodic emails to help inspire and motivate you to stick with your commitment. We will also be placing you in a 100 club group. This is a group of people who you can check in with during this journey via text, email or just seeing one another at the studio. Remember, you are much more powerful when you allow yourself to be supported. As John Lennon said,

***"A dream you dream alone is only a dream.
A dream you dream together is reality."***





Here's the plan.... Go at your own pace:

Classes/Week	Completion Time
6	16 weeks
5	20 weeks
4	25 weeks
3	33 weeks
2	50 weeks

We encourage you to set a goal that is realistic for you. Some weeks you may do more classes, some weeks you may do less. You can combine vinyasa or yin yoga. A home practice counts as well. Keep track of your practices on your own calendar, the calendar on the following page, or on the date cards supplied. Write down your goal below.

I, _____, commit to 100 yoga classes in 2013. I will do _____ classes per week. My intention is to do practice yoga in a loving way so that the practice feels nurturing even when I'm challenged. I will be open to experiencing whatever comes up during the next few months and no matter what happens on this journey, I will make every effort to be kind myself and be on my own side. I will reach out for support when I need it and I will support others when they are in need.

The reason I am making this commitment to my yoga practice is

_____.

My Mantra

The "I am" statement is the most powerful statement you can say to yourself. Make this your mantra when you are struggling or when you feel great. For example, "I am love. I am peace. I am strength."

I am _____.





Month	Practices	Month	Practices
January		July	
February		August	
March		September	
April		October	
May		November	
June		December	

You cannot believe in God until you believe in yourself.
Swami Vivekananda

51-60	61-70	71-80	81-90	91-100

1-10	11-20	21-30	31-40	41-50

Create your "Ohm" pace :
 5 classes/week in 5 months, 2 classes/week 50 weeks.
 It's up to you! Track your progress by dating your class card & watch your practice add up!



Questions? Email cathy@leapyoga.net

Notes _____

folsom's hottest new club



Set your intention to do 100 classes in 2013!
 There is no fee to join the 100 Club, so take advantage of the support and motivation of this group.
 This is a way to challenge yourself to show up on your mat, explore what comes up, grow, learn, enjoy, connect with community, commit to your health, and so much more. Group meetings, check ins, and practicing together are some of the benefits. Get to know your community.