



30-Day Yoga Challenge

Starts September 18th. \$129

Your life-changing journey begins here.

40 days to do 30 classes of yoga.

Yoga has the power to transform your body and your mind, but sometimes you need a little push to start a new habit, even if its one that can vastly improve your life. This Challenge will give you that push, it will inspire you on your yoga journey. This is 40-days of guided flows that will spark your commitment to yoga. This Challenge will give you a better understanding and appreciation of your body. Plus you'll feel stronger, more flexible and less stressed.

Join the biggest yoga challenge and get ready to change everything. Everyone is invited, even if you have no yoga experience at all. If you are experienced, great. If not, fantastic!

sign up at info@essentialyogastudio.com or register online at www.essentialyogastudio.com