

*Pause Every Day*

2021

# Mindfulness Bingo

Wake up early	Breathe deeply	Eat deliberately	Speak honestly	Look softly
Relate kindly	Listen wholeheartedly	Set a daily intention	Take a class with Becky and Kelly	Live purposefully
Walk slowly	Listen to music	FREE SPACE	Write your thoughts	Take a break from technology
Practice Yoga with a family member	Take a class with Laura and Nancy	Take a class with Emilie and Ilyse	Get lost in the flow of doing what you love	Take a class with Char and Brook
Be in the moment	Take a class with Jennifer	Invite a friend to a Zoom Yoga Class	Take a class with Brooke and Angel	Get a good night's sleep

*Akasha Yoga Studio*

[www.akashayogacenter.com](http://www.akashayogacenter.com)