

#PRINTEMPSPOWER

Ignite the Power within

Join Yoga Club Paris for our 2024 Spring Challenge



About the Challenge

WHO can join? : Everyone ! This challenge is FREE, and take just 10 minutes a day, four days a week. We love this opportunity to connect with our YCP community.

WHAT is the challenge? : YCP invites you to join us for a month of free yoga classes on weekday evenings designed specifically to ignite your inner power during this spring season of transition. Thursdays @bollymooves will teach an accessible dance routine. In order to win a pass to join any 3 YCP classes for free, record yourself doing a part of the routine, post it, and take @yoga_club_paris and @bollymooves. The winner will be announced at our Open Day Event in April !

WHEN does the challenge take place? : March 18 - April 11, Mondays - Thursdays, 6pm

WHERE do I participate? : @yoga_club_paris Instagram Live

WHY should I join? : After a challenging winter season, YCP is excited to help inspire you to ignite your inner fire. When we empower ourselves, we empower those around us, and are able to be healthier and more confident physically, mentally, and spiritually.



On Sunday April 14, we'll celebrate the end of the challenge with our annual Open Day Event, a morning of free classes with all of our teachers in the Tuileries followed by community time to relax with tea and treats.



- record yourself doing the Thursday dance routine taught by Kiran
- Post it as a story
- Tag @yoga_club_paris and @bollymooves with hashtag #printempspower
- Win a pass to attend any 3 YCP classes for free!

DON'T FORGET TO POST!

CONTACT INFO:

Yogaclubparis.fr
yogaclubpari@gmail.com
@Yoga_club_paris