

Join us for a

# 100 Day Challenge

To Celebrate BKS Iyengar's Centennial 1918 - 2018

## Starting Sept. 5 & Ending Dec. 14

On August 20th, 2014 Guruji, BKS Iyengar, died at the vibrant age of 96. This coming December 14th will be his 100 year celebration.

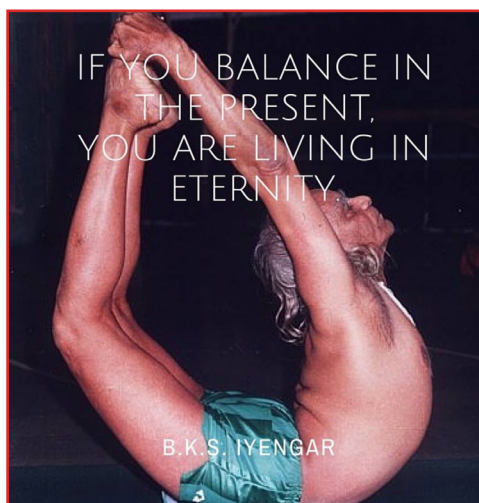
Starting September 5th you are invited to join our 100 Day Challenge to practice a minimum of 15 minutes of yoga asanas a day until December 14th.

The 100 Day Practice Sheets are available at our studio and online on our website, to help keep you accountable on your daily practice adventure.

Come to our 100 Year Birthday Party on Saturday, December 15th, 4 - 7 PM  
Bring your completed practice sheet to enter to win lots of different yoga prizes.

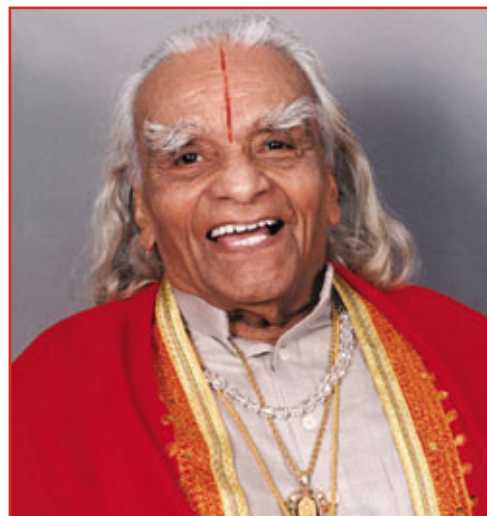
Satya, honesty, is one of the most important qualities we weave into our yoga practice to bring integrity into all our relationships with our own body, self, and others.

**So watch out, the yoga gods and Guruji are looking at you daily!**



### Yoga Prizes:

- 12 Week Winter Session
- 1 Hour - Private Sessions with Yoga Northwest Staff
- Yoga Northwest T-Shirt & Tank Tops
- Yoga Books
- CDs
- Blocks
- Belts
- and a Bolster!



***"Yoga is a light once lit, will never dim. The better your practice the brighter your flame."***



**yoganorthwest.com**

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# 100 Day Challenge

To Celebrate BKS Iyengar's Centennial Year  
1918 - 2018

Mark below each day you practice and how long; 15 minutes +++

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			9/5	9/6	9/7	9/8
9/9	9/10	9/11	9/12	9/13	9/14	9/15
9/16	9/17	9/18	9/19	9/20	9/21	9/22
9/23	9/24	9/25	9/26	9/27	9/28	9/29
9/30	10/1	10/2	10/3	10/4	10/5	10/6
10/7	10/8	10/9	10/10	10/11	10/12	10/13
10/14	10/15	10/16	10/17	10/18	10/19	10/20
10/21	10/22	10/23	10/24	10/25	10/26	10/27
10/28	10/29	10/30	10/31	11/1	11/2	11/3
11/4	11/5	11/6	11/7	11/8	11/9	11/10
11/11	11/12	11/13	11/14	11/15	11/16	11/17
11/18	11/19	11/20	11/21	11/22	11/23	11/24
11/25	11/26	11/27	11/28	11/29	11/30	12/1
12/2	12/3	12/4	12/5	12/6	12/7	12/8
12/9	12/10	12/11	12/12	12/13	12/14	12/15 Celebration! 4-7 PM

*Illuminated emancipation, freedom, unalloyed and untainted bliss await you,  
but you have to choose to embark on the Inward Journey to discover it. -BKS Iyengar*