

THE **start here** self-care challenge

Month _____

FAVORITE CLASSES + WORKSHOPS

NOTES, SELF-CARE RITUALS, GRATITUDE + REMINDERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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how to participate

1. attend any mindful movement class or workshop at THE pearl and track on the above calendar
2. bring your marked calendar to our wellness desk after every 5 classes attended within a 30-day period and enjoy a complimentary self-care gift
3. attend 25 classes within the 30-day period and enjoy a bonus gift (\$50 or more value!)*
4. clients and members may enjoy the self-care rewards only one time, and classes must be within a 30-day period.

