

MOJO FIT STUDIOS AMAZING RACE 2019

FINAL CHALLENGE

B	I	N	G	O
Text or email someone you've been meaning to be in touch with.	Of your 12 Amazing Race classes which was your favorite and why?	Take a photo of something you are grateful for.	Try the yoga pose you are least comfortable with.	Share a favorite holiday recipe
Complete 30 pushups	What are the 5 Yamas of Yoga?	One team member post a review on Facebook, Google or Yelp	Create a 5 song playlist	Find a set of stairs and do 4 stair runs.
What are the 5 Niyamas of Yoga?	What are the Mojo Fit principles? ...Hint check website		List 5 things you are grateful for	Take of photo of something you love about Fargo/ Moorhead
Do your FAVORITE yoga pose.	Share a favorite healthy recipe	Find a visual representation of the 8 limbs of yoga	Favorite inspirational quote	What is your favorite book and why?
Name one way yoga has changed the way you live.	Get someone to do 5 Burpees with you!	Name the 7 Chakras and identify the one chakra you would like to work on most.	Identify one goal you re going to work REALLY hard to achieve in 2019	Name 5 benefits of yoga