



Love Yourself & Share the Love Challenge!

How to play:

1 line = 1 ballot

The more lines completed the more ballots you get!

Complete all the squares for 10 ballots!

Turn in your game card by February 28th. On March 1st, I will do the draw!

Prizes TBA

Pick up the phone and call a friend.	You are beautiful! Post your selfie on Facebook or Instagram and tag @soulfitnessmb Love yourself & Share the Love challenge	Bring a Friend to one event/class hosted by Soul Fitness MB	Take a Yoga class with Bernie (Soul Fitness MB)
Take a Yoga class with Bernie (Soul Fitness MB)	Take some "you time" Post on Facebook or Instagram and tag @soulfitnessmb Love yourself & Share the Love challenge	Join the Soul Fitness MB Vision Board Workshop!	Review Soul Fitness MB on Facebook or send in an email review
Write down an affirmation for yourself Post on Facebook or Instagram and tag @soulfitnessmb Love yourself & Share the Love challenge	Do a 10 minute meditation	Take a Yoga class or Kelani class with Bernie (Soul Fitness MB)	Bring a Friend to one event/class hosted by Soul Fitness MB
Do something to raise your vibration!	Take a Yoga class or Kelani class with Bernie (Soul Fitness MB)	Buy a 5 Class pass or a February Monthly Pass (Soul Fitness MB)	Ditch Diet Culture! Post a picture of whatever food or beverage you enjoy. Post on Facebook or Instagram and tag @soulfitnessmb