

FREE TO ENROLL

September 13th - October 24th, 2021

breathē

# 40 DAYS challenge



## The 12 Laws of Transformation

This 40 Days Challenge is inspired by Baron Baptiste's "12 Laws of Transformation" included in his book 40 Days to Personal Revolution. The 12 Laws are described as "universal truths" that have been written in various forms by different authors and scholars over centuries. The Fall 40 Days Challenge will focus on Laws 1-6 and the Spring 2022 40 Days Challenge will focus on Laws 7-12. After more than a year of habits and routines being shifted and dismantled, choose this next year to dedicate new focus to the habits you want to create physically, mentally, and emotionally through the tools of yoga and meditation.

## How the Challenge Works

- Each week attend four breathe in-studio or online yoga or meditation classes (on separate days) using your class pass or membership.
- Attend one 40 Days Workshop each week, either online or in-studio included in the program.
- A PDF of the Passport will be included in your welcome email for you to download and track your classes on your own.

## About the Workshops

All workshops are 50 minutes and each week you will need a journal and pen. Weeks 2-4 you will need your mat, towel and water for a yoga practice. Workshops are offered in-studio (pre-registration is required as capacity is limited) as well as online via Zoom. You will receive an email invitation to log in to our online workshops.



Enroll at:

[breatheyoga.com](http://breatheyoga.com) or call (585) 248-9070

### WEEK 1: Law 1: "Seek the Truth"

Monday, Sept 13th	Online	5:15pm-6:05pm
Monday, Sept 13th	Webster	7:30pm-8:20pm
Tuesday, Sept 14th	Pittsford	6:00pm-6:50pm
Wednesday, Sept 15th	Online	11:00am-11:50am
Wednesday, Sept 15th	Victor	7:30pm-8:20pm
Thursday, Sept 16th	Pittsford	12:00pm-12:50pm
Thursday, Sept 16th	College Town	7:15pm-8:05pm
Friday, Sept 17th	Webster	1:45pm-2:35pm
Saturday, Sept 18th	Online	12:00pm-12:50pm
Saturday, Sept 18th	Greece	12:00pm-12:50pm
Saturday, Sept 18th	College Town	12:45pm-1:35pm
Sunday, Sept 19th	Victor	12:00pm-12:50pm

### WEEK 2: Law 2: "Be Willing to Come Apart"

Monday, Sept 20th	Online	5:15pm-6:05pm
Monday, Sept 20th	Webster	7:30pm-8:20pm
Tuesday, Sept 21st	Pittsford	6:00pm-6:50pm
Wednesday, Sept 22nd	Online	11:00am-11:50am
Wednesday, Sept 22nd	Victor	7:30pm-8:20pm
Thursday, Sept 23rd	Pittsford	12:00pm-12:50pm
Thursday, Sept 23rd	College Town	7:15pm-8:05pm
Friday, Sept 24th	Webster	1:45pm-2:35pm
Saturday, Sept 25th	Online	12:00pm-12:50pm
Saturday, Sept 25th	Greece	12:00pm-12:50pm
Saturday, Sept 25th	College Town	12:45pm-1:35pm
Sunday, Sept 26th	Victor	12:00pm-12:50pm

### WEEK 3: Law 3: "Step Out of Your Comfort Zone"

Monday, Sept 27th	Online	5:15pm-6:05pm
Monday, Sept 27th	Webster	7:30pm-8:20pm
Tuesday, Sept 28th	Pittsford	6:00pm-6:50pm
Wednesday, Sept 29th	Online	11:00am-11:50am
Wednesday, Sept 29th	Victor	7:30pm-8:20pm
Thursday, Sept 30th	Pittsford	12:00pm-12:50pm
Thursday, Sept 30th	College Town	7:15pm-8:05pm
Friday, Oct 1st	Webster	1:45pm-2:35pm
Saturday, Oct 2nd	Online	12:00pm-12:50pm
Saturday, Oct 2nd	Greece	12:00pm-12:50pm
Saturday, Oct 2nd	College Town	12:45pm-1:35pm
Sunday, Oct 3rd	Victor	12:00pm-12:50pm

### WEEK 4: Law 4: "Commit to Growth"

Monday, Oct 4th	Online	5:15pm-6:05pm
Monday, Oct 4th	Webster	7:30pm-8:20pm
Tuesday, Oct 5th	Pittsford	6:00pm-6:50pm
Wednesday, Oct 6th	Online	11:00am-11:50am
Wednesday, Oct 6th	Victor	7:30pm-8:20pm
Thursday, Oct 7th	Pittsford	12:00pm-12:50pm
Thursday, Oct 7th	College Town	7:15pm-8:05pm
Friday, Oct 8th	Webster	1:45pm-2:35pm
Saturday, Oct 9th	Online	12:00pm-12:50pm
Saturday, Oct 9th	Greece	12:00pm-12:50pm
Saturday, Oct 9th	College Town	12:45pm-1:35pm
Sunday, Oct 10th	Victor	12:00pm-12:50pm

### WEEK 5: Law 5: "Shift Your Vision"

Monday, Oct 11th	Online	5:15pm-6:05pm
Monday, Oct 11th	Webster	7:30pm-8:20pm
Tuesday, Oct 12th	Pittsford	6:00pm-6:50pm
Wednesday, Oct 13th	Online	11:00am-11:50am
Wednesday, Oct 13th	Victor	7:30pm-8:20pm
Thursday, Oct 14th	Pittsford	12:00pm-12:50pm
Thursday, Oct 14th	College Town	7:15pm-8:05pm
Friday, Oct 15th	Webster	1:45pm-2:35pm
Saturday, Oct 16th	Online	12:00pm-12:50pm
Saturday, Oct 16th	Greece	12:00pm-12:50pm
Saturday, Oct 16th	College Town	12:45pm-1:35pm
Sunday, Oct 17th	Victor	12:00pm-12:50pm

### WEEK 6: Law 6: "Drop What You Know"

Monday, Oct 18th	Online	5:15pm-6:05pm
Monday, Oct 18th	Webster	7:30pm-8:20pm
Tuesday, Oct 19th	Pittsford	6:00pm-6:50pm
Wednesday, Oct 20th	Online	11:00am-11:50am
Wednesday, Oct 20th	Victor	7:30pm-8:20pm
Thursday, Oct 21st	Pittsford	12:00pm-12:50pm
Thursday, Oct 21st	College Town	7:15pm-8:05pm
Friday, Oct 22nd	Webster	1:45pm-2:35pm
Saturday, Oct 23rd	Online	12:00pm-12:50pm
Saturday, Oct 23rd	Greece	12:00pm-12:50pm
Saturday, Oct 23rd	College Town	12:45pm-1:35pm
Sunday, Oct 24th	Victor	12:00pm-12:50pm

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