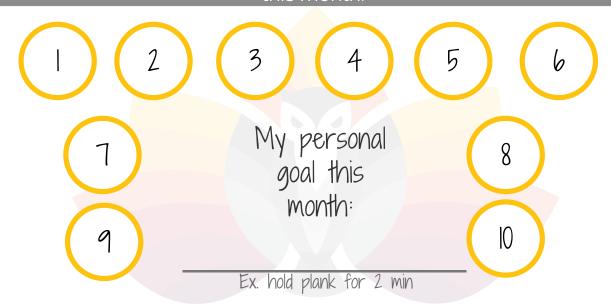
May Challenge

Want to see results? Commit to a consistent practice this month.



Take 10 live stream classes in the month. Work toward a specific goal.

Print out this card at home and mark off your progress.