




**BREATHE
TOGETHER**

SUMMER RESET

84 Days to Explore, Connect, and Play

NAME:

HEATED JOURNAL AFTER CLASS	SHARE GRATITUDE FOR A TEACHER	CLASS WITH A NEW TEACHER	FUNDA- MENTALS	PILATES	FLOW	CLASS WITH FRIEND	NIGHT- OWL CLASS	HEATED ENERGETIC ARTS
NIGHT- OWL CLASS	ONLINE CLASS	READ ARTICLE & LEAVE A COMMENT	PRACTICE IN A NEW SPOT	MEDITA- TION	SHARE PHOTO OF YOU AT THE STUDIO	CLASS OUTSIDE COMFORT ZONE	FLOW	THERA- PEUTICS
CLASS WITH A NEW TEACHER	REVIEW US ON YELP	VINYASA	TAKE 2 CLASSES IN 1 DAY	SHARE SOMETHING FROM CLASS THAT MOVED YOU	ENERGETIC ARTS	FUNDA- MENTALS	ONLINE CLASS	JOIN OUR NEWSLETTER
FLOW	MEET 3 NEW CLASS- MATES	SHARE PHOTO OF INSPIRING TEACHER	EARLY- BIRD CLASS	HEATED	WORK- SHOP	WELCOME NEW PERSON TO STUDIO	PRACTICE IN A NEW SPOT	MEDITA- TION
SCULPT	VINYASA	JOURNAL AFTER CLASS	HEATED		ASHTANGA	EARLY- BIRD CLASS	SHARE PHOTO OF INSPIRING TEACHER	SCULPT
MEDITA- TION	JOURNAL AFTER CLASS	STAY & HANGOUT AFTER CLASS	NIGHT- OWL CLASS	ASHTANGA	THERA- PEUTICS	REVIEW US ON GOOGLE	CLASS WITH A NEW TEACHER	FLOW
THERA- PEUTICS	CLASS OUTSIDE COMFORT ZONE	CLASS WITH A NEW TEACHER	SHARE PHOTO OF INSPIRING TEACHER	ENERGETIC ARTS	TAKE SAME CLASS 2X IN 1 WEEK	ATTEND JOY 200-HR INFO MEETING	VINYASA	JOURNAL AFTER CLASS
VINYASA	CLASS W/FRIEND	TAKE 3 CLASSES IN 1 WEEKEND	SCULPT	JOURNAL AFTER CLASS	CLASS WITH A NEW TEACHER	EXPLORE LOBBY AFTER CLASS	FUNDA- MENTALS	NIGHT- OWL CLASS
ASHTANGA ENERGETIC ARTS	MEDITA- TION	THERA- PEUTICS	FUNDA- MENTALS	PILATES	NIGHT- OWL CLASS	SHARE PHOTO OF INSPIRING TEACHER	SCULPT	ASHTANGA ENERGETIC ARTS

JUNE 1 - AUGUST 23, 2026

SUMMER RESET

Our Summer Reset is designed to deepen your practice, try new things, and build meaningful connections along the way.

HOW TO PLAY

- To mark off a square, fulfill the square's activity or class.
- A class can fulfill more than one square. For example, if you take Hot Tapas on Tuesday 6am in-studio, that qualifies as a heated class and an early bird class (and if a heated class or a 6am class is outside your comfort zone, you can check that square too).
- You are encouraged to plan your classes and activities strategically!
- On squares labeled with specific classes (Sculpt, Pilates), mark off the square after taking that class. Vinyasa classes have "Vinyasa" in the class name and Flow classes have "Flow" in the class name.
- For squares with style categories (Ashtanga, Energetic Arts, Fundamentals, etc.), find the classes that count by looking at the class descriptions <https://breathetogetheryoga.com/class-descriptions>
- The class "Gentle Yoga & Neurogenic Tremoring" can fulfill a Therapeutics or Energetic Arts square. If you want to use this class for all squares for Therapeutics and Energetic Arts, you would take it 8x.
- Heated means you are taking a class where the heat is turned up like in Hot Tapas.
- An early-bird class starts before 8:45am.
- A night-owl class starts at 6pm or later.
- New teacher means the teacher is someone whose class you haven't taken.
- A class outside your comfort zone is one that you typically avoid.
- Online class means you are taking a class from Breathe Together that is live-streamed.
- Activities that start with "Share" are done with the intention that you are posting on social media and tagging us using @breathetogetheryoga and #btysummerreset. If you prefer, you may instead write a letter and share the accompanying photo to admin@breathetogetheryoga.com.
- Journal after a class. Some people develop this part of their practice. You might even get a journal and find yourself writing something after every class you take!
- All of our articles at www.breathetogetheryoga.com/articles have an option to leave a comment!
- Join our newsletter via our web site - scroll to the bottom and you'll see the button to subscribe. If you already get our newsletter, you can mark the square off.
- Center square is free!
- There is no limit to the number of classes you take in a day.
- EARN EXTRA CREDIT
 - Aerial class - aerial classes can be substituted for any square
 - Summer Cleanse - gives you credit for any 4 squares
 - Wellness Appointment - if you are seeing one of the wellness practitioners, you can mark off 2 squares
- To be eligible for the July 1 raffle, complete the diagonal cross by June 30 and email admin@breathetogetheryoga.com a photo of your board to be entered!
- Complete all classes and activities between June 1 and August 23, 2026.
- Classes must all be taken through Breathe Together Yoga.
- Give your completed board to the front desk by 12pm Pacific time on Sunday, August 23. If you are playing remotely, email it to admin@breathetogetheryoga.com by the deadline. If you did all the squares as stated plus the extra credit, be sure to let us know!