



Find Your Flow Yoga Challenge

Focus Area: Physical Activity

Objective: To discover which style of yoga feels good to you by trying a variety of forms (seated, standing and on the floor). This will also promote physical and mental well-being.

Length of Challenge: Two weeks (can be extended)

Materials Needed:

- Sign-Up Sheet/Form (optional)
- Find Your Flow Yoga Challenge Calendar
- Prizes (recommended)

Directions:

1. Use the challenge calendar to try different styles of yoga (seated, standing and on the floor) to discover what feels good to you.
2. At the end of the challenge, please let us know you participated and which style of yoga was your favorite by completing this short survey:
https://stateoftennessee.formstack.com/forms/wfhtn_find_your_flow_yoga_challenge_submission

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite offices and/or with AWS employees.



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Getting Started:

1. Decide the dates your Find Your Flow Yoga Challenge will run.
2. [Optional] Establish a sign-up period (for example, one week) before the challenge start date and determine how participants will sign-up for the challenge.
3. Determine how/if winners will be rewarded.
Remember: Challenge rewards do not have to be tangible. Announcing the Find Your Flow Yoga Challenge winner(s) in an email, newsletter and/or flyer are all great ways to give recognition!
4. Announce the challenge to employees! (This can be done via email, newsletter, department intranet and/or flyer.)
5. At the end of the sign-up period (if you established one), share the following with all participants:
 - A welcome, congrats and/or thank you for participating in the challenge.
 - Dates the challenge will begin and end.
 - How to participate in the Find Your Flow Yoga Challenge.
 - Details about how winner(s) will be rewarded (if any).Note: Don't forget to BCC participants if contacting them via email.
6. Print or attach via email the Find Your Flow Yoga Challenge Calendar and distribute it to all participants.
7. Each week of the challenge send participants a friendly email reminding them to engage in the challenge and to have fun with it. Your communication might include additional information related to the challenge, such as fun yoga facts, healthy tips and tricks, inspirational quotes and/or participant photos. (Request sample weekly emails from your WFHTN Wellness Coordinator.)
8. Send us a photo ([with permission](#))
https://stateoftennessee.formstack.com/forms/wfhtn_photo_release_waiver
of you practicing your favorite Yoga pose to WFHT.TN@tn.gov.
9. As the challenge comes to an end, send out a reminder to participants that the Find Your Flow Yoga Challenge is wrapping up and announce the winner(s)!



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