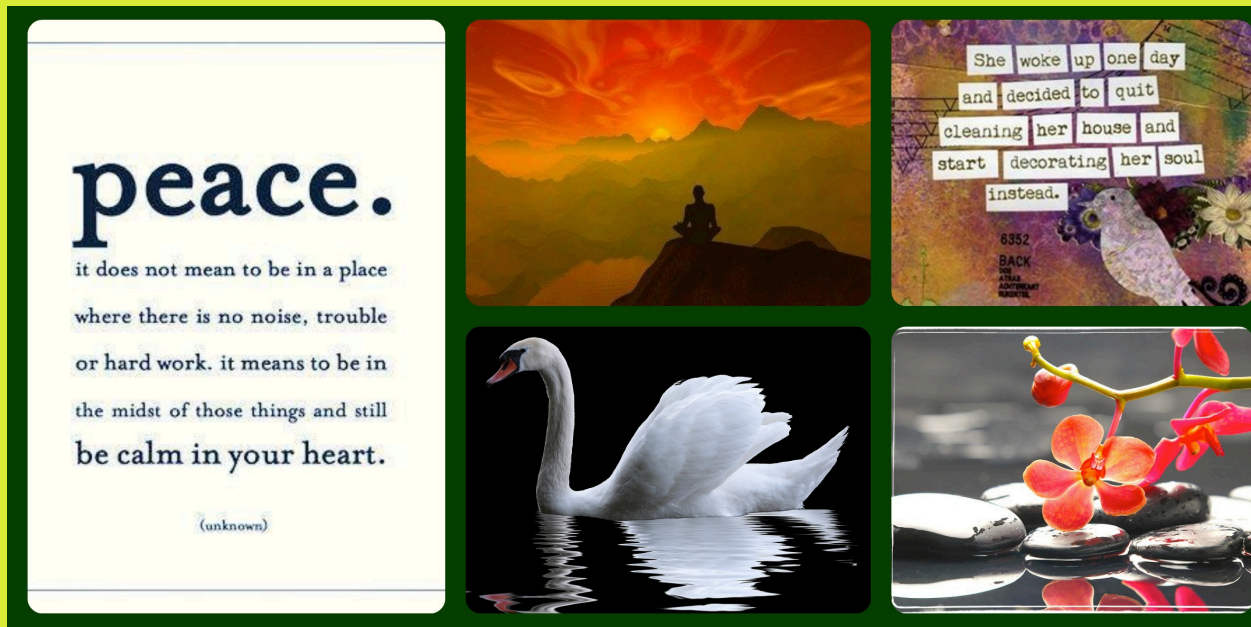


Seven Day Self-Discovery Challenge

Join the White Swan Yoga Studio Community, Amy Pearce-Hayden, and Yoga International for a 7 day challenge that will help you to observe your thought patterns and mental habits, while looking closely at the obstacles (Kleshas) that get in the way of your own happiness. You will receive a daily email (for 7 days starting January 1st), from Amy Pearce-Hayden, sharing experience, tools, and insights as you examine the Kleshas (obstacles) as they present themselves in your own life. It is advisable that you keep a journal or daily reflections over the course of these 7 days. On the 7th and final day of the challenge you will be given some tips to expand the practice so that you can continue to study, refine, and become more aware of your true nature and what is not serving you. In order to receive the daily emails, you must sign up at this link: <http://yogainternational.com/article/view/7-day-self-discovery-challenge/>. There's no cost to sign up. Bracelets are \$2.50 through White Swan Yoga and 4.99 through the link. All proceeds from bracelet sales will help to benefit the humanitarian efforts of the Himalayan Institute in the Fight Against Cholera. Bracelets will be delivered sometime after the 15th of December. If you would like a bracelet, please let us (White Swan Yoga) know by December 12th and sign up at the link above. We will have an informal gathering on Sunday, January 12th at 2:00 pm to discuss our experiences.



**Examining the 5
Kleshas: Fear,
Ignorance,
Aversion,
Attachment, and
False Identity
(Ego)**