THE SOBRUARY CHALLENGE

✨ Ready to reconnect with yourself and show solidarity for individuals navigating recovery? ✨

Join The Sobruary Challenge–Pledge $28 for month-long journey this February to nurture your mind, body, and soul

1

Stay Sober

Abstain from alcohol and/or mind altering substances for the month of February

2

Add a daily practice that reconnects you

For example, yoga, meditation, journaling, cooking, reading, or any mindful activity

3

Connect with the Community

Attend FREE in-person & virtual community events offered throughout the month

4

Support your journey with Wellness Perks

Exclusive perks from all our wellness partners listed below!


BOSTON
YOGA
UNION
BACK BAY
COOLIDGE


THE
HANDLE BAR


EVERYBODYFIGHTS®


BRĒATHE
HOT YOGA | HOT PILATES | HOT HIIT


BACKYARD


DRAY


Serenity
IN THE CITY
SALON • SPA • WELLNESS


SOMA
yoga


BARRY'S


btone
FITNESS


be the light
yoga studio


S
B


THE POINT
BARRE & YOGA


THE
BRIDGE
RECOVERY CENTER


YOGA
on central


MUSCLE & FLOW


Skull & Bogeys
GOLF CO.


FitMind