

FALL/WINTER 2011
SUNDAY YOGA WORKSHOPS REGISTRATION*

*please mail or email form & payment to reserve your space

Sundays 2-4:30pm, \$35

- ___October 9 - Learning the Ropes with Naama Gidron
- ___November 6 - Twists and Forward Bends with Theresa Murphy
- ___November 13 - Practicing Inversions Safely with Naama Gidron
- ___December 4 - Restoratives for the Holiday Season with Naama



Name: _____ Date of Birth: _____

Address: _____

Telephone: _____ Cell Phone: _____

Email Address: _____

How did you hear about Motion Center? _____

Please list any injuries or health conditions you have had in the past 5 years:

I understand that I am registering for the Sunday Yoga Workshops checked above, and that full payment is required to reserve a space. I have noted any injuries or health conditions I have, and have read and understand the Payment Policies.

signature

date

PAYMENT POLICIES:

- Withdrawl 2 weeks prior to workshop: full refund
- Withdrawl 1 week before workshop: \$10 refund
- Withdrawl less than one week before workshop: no refund

GENERAL INFORMATION:

Please inform your teacher of any current/chronic injuries or health conditions so that she may safely modify the class for you.