

5-wk INTRO. TO YOGA REGISTRATION FORM

Winter/2012 Session

5-wk INTRO. TO YOGA ~ Pt. 1 (2 choices)

Mon. 11a-12:15p – 2/27-3/26 w/ Kathy

Wed. 7:15-8:30p – 2/29-3/28 w/ Julia

This 5-wk introductory series is perfect for total beginners and those who want to spend more time on the basics. It establishes a solid foundation for the practice of yoga. The class includes detailed instruction in the foundational yoga poses, breathing techniques and yoga philosophy.

5-wk INTRO. TO YOGA ~ Pt. 2 (3 choices)

Tues. 10:45a-12p – 2/28-3/27 w/ Hannah

Wed. 7:15-8:30p – 2/29-3/28 w/ Jennifer

Thurs. 9:15-10:30a – 3/1-3/29 w/ Kathy

This 5-wk series is appropriate for anyone who has taken Intro. to Yoga-Part 1 or equivalent. In this class we will build on the foundation established in Part 1 as you deepen your yoga practice. This class is a Level I/II class though structured in a series format. Perfect for those who have done yoga in the past, have stopped for a variety of reasons and NOW want to resume your practice!

\$80/series or \$18/class. OR:

SPECIAL OFFER: Sign up with a friend or family member for the entire 5-wk Intro. to Yoga series and the cost is \$65/person. That is a \$15 savings. If more friends or family join they also pay only \$65/person.

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Register by filling out this form (please print) or email info@ldyoga.com with registration details.

Name: _____ Email: _____

Address: _____ City, State, Zip _____ Phone: _____

5-wk Intro to Yoga/Winter 2012: Check section attending:

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Cost: \$80 _____ \$65 w/ family or friend _____ Friend/Family's Name (s) _____

FORM OF PAYMENT: CASH _____ CREDIT CARD _____ CHECK _____ (payable to Laughing Dog Yoga)

Credit Card #(Visa, Mastercard) _____ Exp. Date _____ CVV _____

MAIL TO: Laughing Dog Yoga, 159 Linden St., 2nd flr, Wellesley, MA 02482
781-235-9642 info@ldyoga.com www.ldyoga.com