



Peace of Mind

Yoga Forum January 13-15, 2012

- BREATHWORK & MEDITATION REVIEW (\$40)
- YOGA FOR HEART CONDITIONS (\$20)
- YOGA FOR THOSE WITH CANCER (\$20)
- Yogathon: LEARN SIMPLE INVERSIONS (\$40)
- MORE ABOUT YOGA NIDRA! "Yoga Sleep" (\$20)
- BIG YOGA - How to use yoga to get flexible & strong when you are muscle bound or just plain big (\$20)
- ANATOMY of the Endocrine and the Immune System (\$30)
- CRYSTAL THERAPY (\$30)
- CPR - Taught by certified American Heart Instructor (\$60)
- YOGA TEACHER METHODOLOGY (\$80)

REGISTRATION FORM - "PEACE OF MIND," January 13-15, 2012

Held at the: Healing Arts Yoga Center, 2300 Fall Hill Avenue, Suite, 211, Fredericksburg, VA 22401

NAME _____ Email Address _____

MAILING ADDRESS _____

PHONE NUMBERS: HOME; _____ CELL; _____

EARLY BIRD REGISTRATION POSTMARKED BY January 6, 2012:

Write check to Healing Arts & LEAVE AT THE CENTER OR MAIL with your Registration Form]

(circle workshops you will be attending) OR do the entire forum, Sat 8 am-5pm & Sunday 8am-noon

Enclosed is my: (circle one) Cash / Check # _____ Amount enclosed: _____