



Peace of Mind

Yoga Forum

November 21 & 22, 2015

- **A-MEDITATION OVERVIEW (\$15)** **Sat: 7:30-8:30am**
- **B-KUNDALINI YOGA CLASS (\$20)** **Sat: 8:30-10am**
- **C- YOGATHON I: LEARN LEG/ARM BALANCES (\$20)** **Sat: 10:30-11:45**
- **D-YOGA SUTRAS OVERVIEW (\$25)** **Sat: Noon-1:30pm**
- **E-PRANAYAMA & BANDHA OVERVIEW (\$15)** **Sun: 7:30-8:30am**
- **F-YOGA FOR HEART & CANCER CONDITIONS (\$30)** **Sun: 8:30-10am**
- **G-ANATOMY: Nerv, Endocrine, Immune & Cardio(\$40)** **Sun:10:30-1:30**
- **TT-YOGA TEACHER METHODOLOGY (\$50)** **Sun: 2-5pm**

REGISTRATION FORM - "PEACE OF MIND," November 21 & 22, 2015

Held at the: Healing Arts Yoga Center, 10712 Ballantraye Drive, Bldg 310, Fredericksburg, VA 22407

NAME _____ Email Address_____

MAILING ADDRESS _____

PHONE NUMBERS: HOME; _____ CELL; _____

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

(circle individual workshops you will be attending) [A] [B] [C] [D] [E] [F] [G] [TT]

Or: Sign up for the entire Forum, Saturday & Sunday, 7:30 am-1:30pm (\$150)

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