

Workshop Registration

Desiree Rumbaugh in Newburyport & Cambridge, MA

The Collective Makeover – November 5-7, 2010

Name _____

Phone _____ Email _____

<i>Classes Attending</i>	<i>Cost</i>	<i>Your payment</i>
Newburyport – Masonic Hall – 31 Green Street		
<u>Friday 2:00-4:30 PM:</u> Yoga Therapy – All Levels	\$50	
<u>Friday 6:00-8:30 PM:</u> Hip Openers – All Levels	\$50	
Cambridge – Masonic Temple, 1950 Massachusetts Ave.		
<u>Saturday 10:00 AM -12:30 PM:</u> Standing Poses and Backbends – All Levels	\$50	
<u>Saturday 2:30 -5:00 PM:</u> Forwards Bends – All Levels	\$50	
<u>Sunday 10:00 AM – 12:30 PM:</u> Arm Balances & Inversions – Intermediate [should be able to push up into Urdva Dhanurasana (wheel pose) with straight arms and kick up to handstand at the wall]	\$50	
Entire Weekend – postmarked by October 15	\$190	
Entire Weekend – paid after October 15	\$220	
Your Total		

Release and Waiver: I understand that yoga includes physical movements, as well as an opportunity for relaxation, stress reduction and relief of muscular tension. As is the case with any physical activity, the risk of injury is always present and cannot be entirely eliminated. If I experience any pain or discomfort in any of the poses, I will listen to my body and adjust the posture or ask for support from the teacher. I understand that yoga is not safe under certain medical conditions and do not expect it to substitute for medical attention, diagnosis or treatment. I affirm that I alone am responsible for my yoga practice. I hereby agree to irrevocably release and waive any and all claims, demands and actions of any nature, whether present or future, anticipated or unanticipated, known or unknown, against Yoga Center of Newburyport or its teachers, that result from my participation in yoga class, workshops or practice outside of class.

I have read, understood and agree to the contents of this release form:

Signature _____ Date _____

Your place is reserved once payment is received. You can cancel up to 5 days before the event for a full refund minus \$15 administrative fee. Within 5 days of the event, no credits or refunds will be given.

Please bring a block and a yoga strap if you have them.

Mail with check made out to:

Yoga Center of Newburyport, 12 Maple St., Newburyport, MA 01950

Questions? center@newburyportyoga.com or 978-463-4354