



Yoga Workshop-Mendocino

with

Janet MacLeod

(www.jmacleadyoga.com)

April 25-27, 2014

Class Times and Fees:

Friday	6-8	pm	\$40
Saturday	10 am-12:30 pm		\$45
	2:30-4:30	pm	\$40
Sunday	8:00-10:00	am	\$40

Sign up for entire workshop before April 18th \$120
 After April 18th \$130

Refunds less \$20 handling fee if cancelled before 4/18/14;
 no refunds after 4/18/14 unless your space can be filled from a waiting list.
 Complete form below and mail w/check written to Janet MacLeod to:

Name _____
 Address _____
 City _____ Zip _____
 Phone _____ e-mail _____

Sue Miller
 P.O. Box 564
 Mendocino, CA 95460
 (707)964-0622
 e-mail:slmiller@mon.org

Attending: Fri, Apr 25th _____ Sat., Apr 26th _____ am _____ pm
 Sun., Apr 27th _____ All 3 days _____

Please bring: 3 blankets; 1/2 blocks; 1 sticky mat; 1 belt; e-mail Sue Miller letting her know which of these props you don't have so we can provide as necessary. All classes to be held in:

The Community Room at the COMMUNITY CENTER of MENDOCINO
 998 School Street @ Pine (nr. the intersection of Little Lake Rd and Highway 1)

If accommodation in Mendocino is needed while attending this workshop, please contact www.sweetwaterspa.com and mention that you are participating in this workshop to receive a 15% discount.