

The Yoga Connection

Breathe Release Connect



Yoga Basics: Introduction to Yoga

Nancy Culiberk, RYT, \$60*

4-week series, Thursdays, May 9 – May 30, 6:00-7:15 pm

Name: _____

Phone/email: _____

_____ I'm paying by check (make check payable to The Yoga Connection, drop off or mail c/o Be Well Now, 221 E. Center Dr. Alton, IL 62002)

_____ I paid through PayPal (links from theyogaconnection.me/sign-up)

*** sign up with a friend and pay \$55 each**

Please email me about:

New yoga classes/workshops _____ Private classes _____ Corporate group classes _____

Please include me in your mailing list for a monthly newsletter _____

Email address: _____

How did you hear about this class/workshop? _____

I give The Yoga Connection permission to take a photograph of me within the group setting. I understand the photo(s) may be used on The Yoga Connection's Facebook page and/or website.
