

CENTER FOR YOGA workshop series presents

CARDIO YOGA

with Kelli Harrington



Sunday, March 28th
1:00pm – 2:30pm
Center For Yoga – Ann Arbor

Practice with Kelli to clear your mind and restore your body with Cardio Yoga...Learn through this heart-pumping yoga workshop how we can all connect our mind and body to deepen our practice and understanding of ourselves. The class will commence with long holding YIN yoga poses. It's sure to kick your butt!

SPACE IS LIMITED! REGISTER TODAY!

CENTER FOR YOGA
ANN ARBOR – 734-769-YOGA (9642)

Please visit www.centerforyoga.com 24-hours prior to event for any change announcements.

Get your Cardio with a special Yoga workout – Sunday, March 28th, 2010

Class Cost: \$20** / \$25 **for registration received by MARCH 21, 2010
NO CANCELLATIONS OR REFUNDS AFTER MARCH 21, 2010

Name: _____ Date: _____

Address: _____

Phone: _____ Email: _____

Payment Method: check visa mastercard Media Release: Unless checked here, you give your

Account #: _____ Exp _____ permission for Temple Arts to use photos and

_____ comments which you may be featured.
cardholder's signature

REGISTRATION FORM



This workshop qualifies for
continued Teacher Training education