

Yoga Workshop-Mendocino

with
Janet MacLeod
September 21-23, 2018



Class Times and Fees:

Friday	5:30 - 7:30	pm	\$45
Saturday	10 am - 12:30	pm	\$50
	2:30 - 4:30	pm	\$45
Sunday	9-11 :00	am	\$45

Sign up for entire workshop before September 10th \$140
After September 10th \$160

Refunds less \$20 handling fee if cancelled before 9/10/18;
no refunds after 9/10/18 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 _____
Phone _____ e-mail _____

Sue Miller
P.O. Box 564
Mendocino, CA 95460
e-mail: smiller@mcn.org

Attending: Fri, September 21st _____ Sat., September 22nd _____ am _____ pm
Sun., September 23rd _____ am

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)
For info and suggestions on accommodation please contact Sue Miller

(www.jmadeodyoga.com)