

FSY registration form

Please complete this form with the appropriate registration and contact information by typing into the fields and checking what you plan to attend. When finished, simply print the page and send in your registration. Feel free to retain the side schedule information as a reference.

name: _____

phone: _____

How would you prefer to be contacted?

email: _____

mail: _____

WEEKLY CLASSES:

- tuesday L1 (3:30-5:00pm) wednesday L1 (5:15-6:45pm)
 tuesday L2 (5:15-6:45pm) friday L2 (9:30-11:00am)
 wednesday L1 (9:30-11:00am) saturday L1 (9:30-11:00am)
 wednesday L2 (11:15-12:45pm)

1 class/week: \$132 (sliding scale \$88 - 165)

2 classes/week: \$234 (sliding scale \$175 - 300)

Please enter your chosen payment amount: _____

SESSION BUNDLE: fsy winter bundle: \$265

WORKSHOP:

- stability & strength workshop (\$50 | pre-registration is required)

Please enter your chosen payment amount: _____

TOTAL: _____

- Enclosed non-refundable \$25 deposit (balance due at first class)
 Enclosed full payment



Please print this form and send your registration to:

First Street Yoga
PO Box 832
Newberg, Oregon 97132

Let us know if you have any questions.
503.554.5485 www.FirstStreetYoga.com

winter session

January 7 – March 23, 2013 (11 weeks)

TEMPORARY FSY LOCATION

Chehalem Cultural Center
(Children's Studio)
Newberg, Oregon

class schedule

tuesday

L1 3:30 – 5:00 pm Jane

L2 5:15 – 6:45 pm Jane

wednesday

L1 9:30 – 11:00 am Jane

L2 11:15 – 12:45 pm Jane

L1 5:15 – 6:45 pm Alison

friday

L2 9:30 – 11:00 am Alison

saturday

L1 9:30 – 11:00 am Alison

fsy winter bundle

Unlimited classes and half-price FSY workshops during the winter term.

winter workshops

stability & strength workshop

with Gail Bruner

Saturday, March 9 2–4 pm

\$50 (pre-registration is required)

POSTPONED UNTIL A FUTURE DATE

yoga for the childbearing years

with Sally H. Hoelsing, RN, ATC

understanding the upper back:

comfort in shoulderstand

with Jane Carlsen