

# 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:

- monday L1-2 (5:30 - 7:00pm)       wednesday L1 (5:30 - 7:00pm)
- tuesday L1 (3:30 - 5:00pm)       thursday L1 (10:00 - 11:30am)
- tuesday L2 (5:15 - 6:45pm)       friday L2 (10:00 - 11:30am)
- wednesday L1 (10:00 - 11:30am)       saturday L1-2 (9:00 - 10:30am)
- wednesday L2 (12:00 - 1:30pm)

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

2 classes/week: \$235 (sliding scale \$175 - 300)

Please enter your chosen payment amount: \_\_\_\_\_

## WORKSHOPS:

- yoga for firm foundation (\$50)
- yoga for cyclists (\$40)
- yoga for the childbearing years (\$40)

Total workshop 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](http://www.FirstStreetYoga.com)

## winter session

January 5 - March 22, 2014 (11 weeks)

### class schedule

#### monday

L1-2      5:30 - 7:00 pm      Robert

#### tuesday

L1      3:30 - 5:00 pm      Jane

L2      5:15 - 6:45 pm      Jane

#### wednesday

L1      10:00 - 11:30 am      Jane

informal  
philosophy  
talks (free)      11:30 - 12:00 pm      Jane

L2      12:00 - 1:30 pm      Jane

L1      5:30 - 7:00 pm      Alison

#### thursday

L1      10:00 - 11:30 am      Gail

#### friday

L2      10:00 - 11:30 am      Alison

#### saturday

L1-2      9:00 - 10:30 am      Robert

## winter workshops

### yoga for firm foundation

with Jane Carlsen

Sunday, February 16      1:00 - 4:00 pm  
\$50

### yoga for cyclists

with Robert Flory

Saturday, March 1      11:00 - 1:00 pm  
\$40

### yoga for the childbearing years

with Sally Hoelsing

Saturday, March 8      11:00 - 1:00 pm  
\$40