# Makoto Kai Yoga Weekend
# Marin Headlands October 29-31, 2010

**WHAT IS IT?**
Friday through Sunday at the beautiful Marin Headlands with Certified Yoga Instructors, Cynthia Frueh, Sherri Sargent and Karen Klussendorf.

Deepen your yoga practice at this training intensive with daily yoga plus beach walking, trail hikes, singing, reading (or just resting).

**WHERE?**
Headlands Institute - just north of the Golden Gate Bridge
About 1½ hours from Woodland. Friday at 4PM to Sunday 3PM

**WHO MAY ATTEND?**
Yoga students with at least 6 weeks experience from any yoga classes.

**HOW MUCH?** $275 includes:
Bunk bed in dorm and all meals from Friday dinner to Sunday lunch
Daily Yoga Classes

**ANGEL ISLAND**
Join us for an optional trip to Angel Island. We will meet Friday morning at the Tiburon Ferry - $13.50
(Departure time will be announced later)

**QUESTIONS?** Cynthia Frueh, Director 530-662-5662
cynthia@makotokaihealingarts.com

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Registration

NAME_____PHONE _____

E-MAIL _____

MEALS, CIRCLE ONE: Vegetarian Vegan No Special Meals

T-SHIRT SIZE, CIRCLE ONE **Men's** Sm Med Lg XL **Women's** Sm Med Lg XL

I WILL ARRIVE _____
(i.e., Friday Angel Island, Friday dinner, after dinner, Saturday morning?)

Mail this section with a check for $275 ($ 75 is non-refundable)
($275 Non-refundable cancelling after September 30, 2010)

Checks made out and mailed to:
Makoto Kai 443 First St Woodland, CA 95695