Makoto Kai Yoga Weekend

Marin Headlands October 28-30, 2011

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? $295 includes:
Bunk bed in dorm and all meals from Friday dinner to Sunday lunch
Daily Yoga Classes

MUIR WOODS
Join us for an optional trip To Muir Woods for a magical hiking experience.

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

NEW The Headlands Conference Center has instituted new a new cancellation policy. No refunds will be given for cancellations less than 90 days from the date of the conference

- detach here -

Makoto Kai Yoga Weekend, Marin Headlands 2011

Registration

NAME_____CELL PHONE _____

E-MAIL _____YOGA EXPERIENCE_____

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 Muir Woods, Friday dinner, after dinner, Saturday morning?)

Mail this section with a check for $295 ($ 75 is non-refundable)
($295 Non-refundable cancelling after July 29, 2011)

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