

Makoto Kai Yoga Weekend

Marin Headlands December 8-10, 2017

WHAT IS IT?

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

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

WHERE?

The Marin Headlands - just north of the Golden Gate Bridge
About 1½ hours from Woodland. Friday at 5PM to Sunday 3PM

WHO MAY ATTEND?

Yoga students with at least 6 weeks experience from any yoga class.

HOW MUCH? \$350 by cash or check (\$360 by credit card or PayPal) includes:

Bunk bed in dorm and all meals from Friday dinner to Sunday lunch.
Daily Yoga Classes.

EXTRA HIKING OPPORTUNITY

Join us Friday for a hike in this beautiful area. Location will be announced as the time gets closer.

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

CANCELING The Headlands Conference Center cancellation policy states that no refunds will be given for cancellations less than 90 days before the date of the conference

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Makoto Kai Yoga Weekend, Marin Headlands 2017

Registration

NAME _____ CELL PHONE _____

E-MAIL _____ YOGA EXPERIENCE _____

MEALS, CIRCLE ONE: Vegetarian Vegan Other _____ No Special Meals

T-SHIRT SIZE, CIRCLE YOUR CHOICES: **Men's** Sm Med Lg XL **Women's** Sm Med Lg XL
Long or short sleeve Long or short sleeve

I WILL ARRIVE _____
(i.e. Friday Hike, Friday dinner, after dinner, Saturday morning)

Mail this section with a check for \$350 by cash or check (\$360 by credit card or PayPal)
\$ 75 is non-refundable.
\$350 (\$360) is non-refundable if canceling after September 8, 2017.

Checks made out and mailed to: Makoto Kai
443 1st Street
Woodland, CA 95695

Or pay online at: makotokaihealingarts.com