

Makoto Kai Yoga Weekend
Marin Headlands January 18-20, 2019

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) lunch
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. The location will be announced as the time gets closer.

QUESTIONS? Cynthia Frueh, Director 530-666-4784 cynthia@makotokaihealingarts.com

CANCELING NatureBridge 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 2019
Registration

NAME _____ CELL PHONE _____

E-MAIL _____ Yoga Experience _____

MEALS, CIRCLE ONE: Vegetarian Vegan No special meals Other

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