



# WINTER Specialty Classes & Workshops Registration January – March, 2017

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Address: \_\_\_\_\_  
Email address: \_\_\_\_\_  
Birthdate: \_\_\_\_\_

### Specialty Classes:

- Peeling the Layers (Guided Relaxation to release old habits and build new healthier habits)  
Sundays, Jan 8<sup>th</sup> – Feb 12<sup>th</sup>, 2017 (6 weeks) 3:30 – 4:30pm  
Instructor: Amy Jensen Investment: \$90
- Kangoo Dance (Cardiovascular Fun Class w/o impact due to innovation of Kangoo Boots)  
Fridays, Jan 20<sup>th</sup> – Feb 24<sup>th</sup>, 2017 (6 weeks) 5:15 – 6:15pm  
Instructor: Shannon Kilmartin Investment: \$60 (+boot rental if needed)  
If you do not own Kangoo Boots, you can rent from Shannon for \$60 for the 6 weeks.  
Weight: \_\_\_\_\_ Shoe Size: \_\_\_\_\_ (if renting boots)
- Fine-Tuning your Yoga Practice (Exploring alignment to optimize your yoga practice)  
Wednesdays, Feb 1<sup>st</sup> – Mar 8<sup>th</sup>, 2017 (6 weeks) 4:00 – 5:00pm  
Instructor: Amy Jensen Investment: \$90
- Fine-Tuning your Yoga Practice (Exploring alignment to optimize your yoga practice)  
Wednesdays, Feb 1<sup>st</sup> – Mar 8<sup>th</sup>, 2017 (6 weeks) 6:30 – 7:30pm  
Instructor: Amy Jensen Investment: \$90

### Two-Hour Workshops:

- Create your Vision Board (a powerful tool for transformation & visualizing your 2017 goals)  
Monday, Jan 16<sup>th</sup>, 2017 6:30 – 8:30pm (Bring your yoga mat)  
Instructor: Stephanie Edoff Investment: \$35 (\$30 + \$5 materials fee for board)
- Breathe, Restore & Renew (nourish body with breath work, restorative yoga, & relaxation)  
Saturday, Jan 21<sup>st</sup>, 2017 10am – 12noon  
Instructor: Amy Jensen Investment: \$30
- Essential Oils Workshop (learn how to use for everyday health without toxic side effects)  
Saturday, Feb 11<sup>th</sup>, 2017 10am – 12noon  
Instructor: Guest Michelle Kempert Investment: \$25 (includes one make-n-take product)  
Opportunity to make-n-take more products for \$5 each at workshop
- Breathe, Restore & Renew (nourish body with breath work, restorative yoga, & relaxation)  
Saturday, Mar 25<sup>th</sup>, 2017 10am – 12noon  
Instructor: Amy Jensen Investment: \$30

### Payment Details:

Total enclosed: \$ \_\_\_\_\_  Pymt in FULL  2 Pymts  3 Pymts  
(All Payments must accompany Registration)

Cash  Check  Credit Card on File ending in      New Credit Card  
(Attach CC Auth Form)

**SUBJECT to CHANGE – Minimum number of participants needed to run class.  
All registrations, once confirmed are guaranteed & non-refundable. Thank you!**