

SPECIAL EVENT



Yoga for Athletes with Joie Mucha

Wednesday, September 12 from 6:30 - 8:30pm

\$30 if registered by September 9, \$35 thereafter

Are you looking for a way to compliment your current fitness regiment or training schedule? No matter what your goal, yoga benefits fitness enthusiasts at all levels. Learn stretches to help prevent injury, and breathing techniques to hone your mental focus. Special emphasis on core strength for endurance, leg and torso toning for flexibility, and pelvic mobility for comfort. Yoga stretches are terrific for effective yet minimal activity on rest days; this workshop offers you the opportunity to craft your own individual stretching programs. Please come dressed to stretch and bring a towel, water bottle, and any specific questions. Pre-registration is required. Space is limited.

Joie Mucha

Joie completed her Hatha yoga certification with in 2004 from Eight Limbs Yoga Center. She has also studied various styles of yoga, including Anusara, Ashtanga, Iyengar and Yoga for Children. Joie has competed in 2 triathlons and used her yoga training to prevent injuries during those and other types of fitness training. She draws on her yoga and fitness knowledge to create a safe and serene environment in which to practice yoga as a moving meditation.



To Register, fill out form below and mail or drop off at Bloom's front desk, call, or register on-line at <http://www.bloomyogastudio.com/reg.html>

YOGA FOR ATHLETES WORKSHOP REGISTRATION FORM

Name _____
Address _____
City/State/ZIP _____
Phone _____
Email _____

METHOD OF PAYMENT

Cash
 Check
 Credit Card

VISA, MC, or AMEX

Amount _____
Name on Card _____
Credit Card # _____
Expiration date _____
Signature _____

Bloom Cancellation Policies: Full payment reserves your space. Workshop fees are non-transferable and non-refundable. If you cancel more than 24 hours prior to the beginning of the workshop, your payment may be transferred to a studio credit that you can use for any Bloom Yoga Studio product or service. Studio credits have no expiration date. If you cancel less than 24 hours prior to the beginning of the workshop, you forfeit your payment.

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