

SPECIAL EVENT



Flow Into Spring

An Invigorating Vinyasa Flow Workshop

with Mark Gerow

Saturday, April 12 from 1:00 - 3:00pm

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

Join MARK GEROW, creator of Lunarhythms Yoga, for an exciting Vinyasa Yoga workshop. Mark combines elements of Baptiste Power, Ashtanga, Bikram, Ayurveda, Lunarhythms, poetry and music that make his classes fun and invigorating.

Take the journey this Spring that allows you to melt-down, unravel some of those Winter knots and move into new territory in your practice and life. This workshop will touch upon the natural rhythms of your being, the season, as well as the ebb and flow of the Moon. Mark's teaching combines humor, grace and passion to deliver a digestibly powerful class that reaches students on many levels.

Don't miss this opportunity to create new perspective and most of all have some fun!

Pre-registration is recommended in order to guarantee your spot.

Mark Gerow

Mark is the founder/creator of Lunarhythms Yoga™, and comes from a very diverse background. From survival instructor in the U.S. Air force to actor in New York City, his unique blend of flowing hatha yoga combines various styles and incorporates elements to include chakras, ayurveda, yoga therapy, and organic movement, as his influences are many.



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/register>

APRIL FLOW INTO SPRING REGISTRATION FORM

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

METHOD OF PAYMENT	<input type="checkbox"/> Cash
	<input type="checkbox"/> Check
	<input type="checkbox"/> 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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