

SPECIAL EVENT



# Family Yoga

with Mira Binzen

Friday, June 13 from 5:30 - 6:30pm

**\$20/pair and \$6 for each additional child or adult**

### Ages 5 and Up

This fun and interactive class invites, kids, parents, grandparents, aunts, and uncles to share in the joy of yoga. Each class will teach the family playful poses that can be done together or alone, along with gentle breathing exercises and relaxation techniques. Invite the child inside you to spring forth, while nurturing the seed of yoga to grow in your child's curious mind. Appropriate for ages 5 and up. When you register, please let us know the ages and names of your children.

Space is limited. Pre-Registration is re-

#### Mira Binzen

Mira received her teacher's training certificate from Sivananda Yoga Vedanta Ashram in India in 1999. She is certified to teach both children and adults, and is registered at the 500-hour level with Yoga Alliance. She was a yoga therapist with the Integrative Medicine Program at Minneapolis Children's Hospital and has been teaching classes to children, families and adults for many years. For her, the heart of yoga is discovering the self through joy

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>

### JUNE FAMILY YOGA REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

<b>METHOD OF PAYMENT</b>	<input type="checkbox"/> Cash
	<input type="checkbox"/> Check
	<input type="checkbox"/> Credit Card
VISA, MC, or AMEX	

**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.

Amount \_\_\_\_\_

Name on Card \_\_\_\_\_

Credit Card # \_\_\_\_\_

Expiration date \_\_\_\_\_

Signature \_\_\_\_\_

**Visit [www.bloomyogastudio.com](http://www.bloomyogastudio.com)  
for information about classes, workshops & more!**