

SPECIAL EVENT



An Evening of Yoga for Women: Retreat, Relax, Replenish with Corinne Peterson

Saturday, June 21 from 7:00 - 9:00pm

\$30 if registered by June 18, \$35 thereafter

Join us as we come together in a community of women to honor the Summer Solstice! After a winter of darkness, it is time to celebrate and gather strength and light on the longest day of the year. In this workshop we will use movement, breathing, meditation, chanting, and deep relaxation to harness the light and lift our spirits. These yoga tools support every level of our being – body, mind, soul - so that we may continue to grow and flourish throughout the season.

This session is offered in a non-competitive environment and is geared toward the needs of the participants. All women are welcome – experienced students and beginners alike. Please bring friends, mothers, sisters, and any woman you value in your life. If you have a physical ailment or recent injury, please contact the instructor to determine if this workshop is appropriate for you.

Pre-registration is required. Space is limited

To Register, fill out form below and mail or drop off at Bloom's front desk, call, or register on-line at

Corinne Peterson has been teaching yoga since 1994. She received her first yoga instructor certification through the Temple of Kriya Yoga (1995) and a subsequent certification as a teacher and yoga therapist through the American Viniyoga Institute (2006). She is registered through the Yoga Alliance at the 500-hour level. Corinne has a nurturing teaching style influenced by 20 years of study in the traditions of Viniyoga, Kriya, and Iyengar yoga. She has been a nationally certified massage therapist since 1997, specializing in therapeutic needs and women's health. Corinne also holds a masters degree in public health in the area of health education and promotion. Her certifications include pregnancy massage, doula services, and infant massage instruction.

JUNE YOGA FOR WOMEN WORKSHOP REGISTRATION FORM

Name _____

Address _____

City/State/ZIP _____

Phone _____

Email _____

METHOD OF PAYMENT

Cash

Check

VISA, MC, or AMEX

Credit Card

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.

visit www.bloomyogastudio.com

for information about classes, workshops & more!