



Weekend Workshop with Alexis Britton

Abhasana, defined as appearance. Sparkles of consciousness that illuminate our lives. Shine even brighter as we explore Asana, Pranayama and all manner of yoga fun!

Date: Saturday December 12 - Sunday December 13, 2009

Time: Saturday 9 am -12:00 Therapeutic Tips and Practice
Saturday 2 pm to 4 pm Hips and More
Sunday 9 am to 12 noon From Top to Bottom

Location: Woodlands Yoga and Wellness

Cost: \$110.00 for entire workshop
\$ 45.00 each for Saturday or Sunday morning session
\$30.00 for Saturday afternoon session

Registration Information: Mail Form Below or Contact Dana At
info@woodlandsyogawellness.com (281) 292-8884

All Levels Welcome

Registration Form on Next Page



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Please mail Your check and this form to:

Woodlands Yoga and Health
25126 Grogans Park Dr.
The Woodlands, TX 77380

NAME _____

ADDRESS _____

CITY, STATE AND ZIP _____

EMAIL ADDRESS _____

CONTACT PHONE NUMBER _____

AMOUNT ENCLOSED _____