

JANUARY 27, 28 & 29



SUMMIT HOT YOGA PRESENTS International Yoga Teacher

Lisa Goodwin

POSTURE CLINIC #1 / HOT YOGA FLOW #1

FRIDAY 1.27.2012 6:00PM - 8:00PM \$45

The first hour will be spent working on proper alignment with a focus on standing postures. You will learn a mindfulness to stretching and to pay attention to how the correct position really feels in your body. Followed by an hour flow class which will incorporate these postures.

CHANGE ONE WORD ... CHANGE YOUR LIFE

FRIDAY 1.27.2012 8:15PM - 9:15PM \$25

Learn to master your mind with this technique.

POSTURE CLINIC #2 / HOT YOGA FLOW #2

SATURDAY 1.28.2012 10:00AM - 12:00PM \$45

The first hour will be spent working on proper alignment with a focus on safe forward and backward bends. You will learn how to get the most benefit from your postures. Followed by an hour flow class which will incorporate these postures so you can apply what you just learned.

THE SECRET FOR CREATING YOUR BEST YEAR EVER

SATURDAY 1.28.2012 12:30PM - 1:30PM \$25

You will learn a specific formula to create whatever you want in your life.

POSTURE CLINIC #3 / HOT YOGA FLOW #3

SUNDAY 1.29.2012 1:30PM - 3:30PM \$45

The first hour will focus on proper breathing techniques to improve stamina and overall health. Followed by a Hip Opening Flow class that will help to prevent or relieve back and hip problems.

Weekend Workshop - \$185 Pre-Pay Discount - \$165

(purchase by 1.15.12 for discount) (classes can be taken separately)

**Learn more about the workshop and Lisa Goodwin
at SummitHotYoga.com or call 970-547-9977**



**Summit Hot Yoga
970-547-9977**

**Workshop to be
held at The
Community
and Senior
Center, Frisco, CO**

**0083 Nancy's Place,
CR 1014 970.668.2940**

SummitHotYoga.com

Registration Form for SPECIAL WORKSHOPS

SUMMIT HOT YOGA – LISA GOODWIN WORKSHOP

10 Farmer's Lane • Breckenridge, CO • (970) 547-9977

Workshop will be held at Community and Senior Center, Frisco, CO

Name: _____

Address: _____

City, State, Zip: _____

Home phone: _____ Cell phone: _____

Work phone: _____ E-mail: _____

Posture Clinic #1/Hot Yoga Flow #1: **FRI 1.27.2012 6:00-8:00pm \$45** _____

Change One Word ... Change Your Life: **FRI 1.27.2012 8:15-9:15pm \$25** _____

Posture Clinic #2/Hot Yoga Flow #2: **SAT 1.28.2012 10:00am-12:00pm \$45** _____

The Secret For Creating Your Best Year Ever: **SAT 1.28.2012 12:30 -1:30pm \$25** _____

Posture Clinic #3/Hot Yoga Flow #3: **SUN 1.29.2012 1:30-3:30pm \$45** _____

WEEKEND WORKSHOP : \$185 _____

PRE-PAY DISCOUNT: (**PURCHASE BY 1.15.12**) \$165 _____

THE PAYMENT AMOUNT: \$_____ (we accept cash, checks, Visa, MasterCard, Discover)

Please drop-off Registration Form with Payment to: Summit Hot Yoga

10 Farmer's Lane, Breckenridge, CO 80424 Located at Farmer's Korner

Or Direct Mail to 50 Audrey Circle, Breckenridge, CO 80424

www.SummitHotYoga.com 970.547.9977

I have been examined by a licensed physician within the past six months and have been found by such physicians to be in good health and fully able to perform all Yoga exercise which I am to learn and perform during my enrollment with you.

Summit Hot Yoga and Lisa Goodwin are not responsible for any liability, injury or loss arising from the exercises and instructions in these yoga classes.

Signature _____

Date _____