

# NORTHWEST YOGA CONFERENCE REGISTRATION FORM

## ATTENDEE INFORMATION

Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

## WORKSHOP SELECTION

### Saturday, February 18th

#### Workshop Session #1 9:00am—11:00am

**Please select only one workshop.**

- Jen Yaros: Yoga and Mindfulness for Emotional Balance - Lifting the Winter Blues
- Anne Phyfe Palmer: The Koshas - Unveiling Your Potential
- Chris Dormaier: The Art of Raksana Yoga
- Dawn Torres: Journey Through The Chakras
- Liz Doyle: Hidden Meaning in Yoga Asana
- Sheri Cohen: Learning Through Yoga - A View of Yoga through the Feldenkrais Method®

#### Workshop Session #2 1:00pm—3:00pm

**Please select only one workshop.**

- Jenn Strano: Pre-Natal Yoga
- Samantha Ananya Brown: Connect With Your True Nature
- Ali Valdez: Making Yoga Work
- Lydia LaGrou (Treen): Learning Lotus - A Workshop to Open the Hips
- Laura Prudhomme and Erin Beattie: Let it Shine - A Backbend Practice
- Tami Hafzalla: Sister Sciences of Yoga and Ayurveda

#### Workshop Session #3 3:30pm—5:30pm

**Please select only one workshop.**

- Annette Wertman: Chair Yoga
- Joanna Dunn: Teachers Toolbox - Articulate Instruction
- Megan Carroll: Spiritual Well-Being Through Yoga
- Tiffany Cruikshank: Breath of Life
- Lux and Dawn Sternstein: AcroYoga FUNdamentals
- Jennifer Cabanero: iRest Yoga Nidra

### Sunday, February 19th

#### Workshop Session #1 9:00am—11:00am

**Please select only one workshop.**

- Tiffany Cruikshank: Flip Your World Upside Down
- Shawn Brow: Building a Home Yoga Practice
- Carmen Viola: Introduction to Iyengar
- Troy Lucero: Adjust and Refine
- Kara Keating and Craig London: Form and Function of the Sun Salutation
- Kelley Rush and Suzi Zobrist: Tools for Transformation - Living Your Yoga

#### Workshop Session #2 1:00pm—3:00pm

**Please select only one workshop.**

- Anne Taylor: Bhagavad Gita - Song of Self-Mastery
- Shelly Talcott: Rubenesque Yoga - Modifying Postures to Fit Your Body
- Megan Costello: Energy Integrity for Teachers
- Mike Dennison: Yoga Made for Runners
- Kitty Wittkower: Seated Forward Bends
- Jenny Zenner: Restore Yourself - Positive Inventory Plus Flow

#### Workshop Session #3 3:30pm—5:30pm

**Please select only one workshop.**

- Soleil Hepner: Showcase Workshops
- Ai Endo: Kundalini Yoga for Prosperity
- Lori Chandler: Partner Yoga
- Shelly Dorland: Yin Yoga
- Sherry Williams: Stress Less - Intro to Mindfulness-Based Stress Reduction
- Sweethome Teacup: Chant and Meditation

## REGISTRATION FEES

Two Day Conference Pass    \$250.00    One Day Pass (Sat. or Sun.)    \$130.00    Single Workshop    \$45.00 per workshop

Total amount enclosed    \$ \_\_\_\_\_

Mail to Northwest Yoga Conference, 13110 NE 177th PL NE #342, Woodinville, WA 98072  
Or register online at: [www.nwyogaconference.com](http://www.nwyogaconference.com)

Please review the following:

Photo Release:

I understand that while I am attending the Northwest Yoga Festival there may be photographs taken of participants. These photographs may be used for promotional, educational, or informational purposes in brochures, websites and newsletters. By attending this conference, I agree that the Northwest Yoga Conference may take photographs that include my image and that such photographs may be used for promotional, educational, and informational purposes without compensation to me of any kind.

Waiver of Liability:

I understand that I am registering for instruction in an activity which may involve physical, emotional, and/or psychological activity and that in case of such an undertaking there is always a risk involved. I understand that in a group setting the instructor cannot always monitor my physical, emotional, and psychological limits, and that I am therefore responsible for assessing the risk any activity poses to me, and choosing a safe course of action for myself. I agree to assume the risk and responsibility for any injuries or damages suffered by me arising out of my participation in this festival.

Teacher Cancellation Policy And Disclaimer:

The Northwest Yoga Conference reserves the right to substitute or cancel presenters/teachers as necessary and this is at the discretion of the Northwest Yoga Conference management. In the event that a teacher/presenter cancels or is canceled, a second choice selection will be designated for that time period. No refunds will be given due to teacher cancellations.

By signing below, I agree to the photo release, waiver of liability and teacher cancellation policy and disclaimer.

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Name

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Date