



**YOGAFIT®**  
Presents  
February 18-21, 2010  
Reston, VA  
Mind/Body Fitness Conference

2321 Torrance Blvd.  
Torrance, CA 90501  
TEL: 310-320-0110  
FAX: 310-320-1277  
Toll Free: 1-888-786-3111  
www.yogafit.com

Master Classes • Shopping • Trainee Banquet • Make New Friends

**Conference Location:**

**HYATT REGENCY RESTON**

**1800 PRESIDENTS STREET, RESTON, VA 22090**

Contact hotel directly for special conference rate of \$169 through Friday, January 29, 2010, for reservations please call 800-233-1234

**Training Days/Times: Thurs. (Feb 18), Fri. (Feb 19), Sat. (Feb 20) & Sun. (Feb 21) - 8am to 6pm all days**

**TRAININGS:**

- Level 1 (Fri & Sat)
- Level 2 (Sat & Sun)
- Level 3 (Sat & Sun)
- Level 4 (Thurs, Fri, Sat & Sun)
- Level 5 (Sat & Sun)
- Anatomy (Thurs & Fri)
- Restorative (Thurs, Fri, Sat, & Sun)
- Yoga for Personal Trainers (Sat & Sun)
- Seniors (Fri)

**Required Materials:**

Level 1: Beth Shaw's YogaFit Book, Level 1 Training DVD

Level 3: Chakra Balancing Kit, Pathways to Joy

Level 4: The Language of Yoga, The Living Gita, The Yoga Sutras of Patanjali

Level 5: Your Body Speaks Your Mind

Anatomy and Alignment: The Key Muscles of Hatha Yoga

Restorative: The Women's Book of Yoga and Health, Relax and Renew,  
bolster or blanket, 10" strap, block

Seniors: Training Manual

**TUITION :**

- Any 1-Day Specialty – \$269 before Jan 18, 2010; \$299 until Feb 11, 2010; \$329 after
- Any 2-Day Training – \$419 before Jan 18, 2010; \$449 until Feb 11, 2010; \$479 after
- Any 3 days: \$559 before Jan 18, 2010; \$589 until Feb 11, 2010; \$619 after
- Any 4 days: \$639 before Jan 18, 2010; \$669 until Feb 11, 2010; \$699 after

**CLUB YOGAFIT Members may take an additional \$45.00 off any 3 or 4 day conference registration!**

- I will join CLUB YOGAFIT for only \$149.00!

**Name:** \_\_\_\_\_ **Email:** \_\_\_\_\_ **Req. Date:** \_\_\_\_\_

**Street Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State/Province:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_ **Country:** \_\_\_\_\_

**Daytime Phone:** \_\_\_\_\_ **Evening Phone:** \_\_\_\_\_ **Cell:** \_\_\_\_\_

**Payment Method** (Circle one)    **Check**    **Money Order**    **VISA**    **MC**    **Discover**    **Amount Charged** \_\_\_\_\_

**Card #:** \_\_\_\_\_ **Expiration:** \_\_\_\_\_ **CVV:** \_\_\_\_\_

**Name on Card:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**Special Instructions for Conference Attendees**

Please arrive on time, rested and in good physical condition. Remember to bring water, snacks, a towel, layered clothing, and your positive energy. Bring your ACE Membership card to receive CEC's if applicable. Level 1 includes a yoga mat, please bring a yoga mat for all other workshops.

**REGISTRATION OPTIONS:** 1. Online at www.yogafit.com, 2. Send payment and completed registration form to: YogaFit, Attn: Trainings Dept, 2321 Torrance Blvd., Torrance, CA 90501. 3. Fax: 310-320-1277, 4. Call: 888-786-3111, x222 OR x223

## TRAINING REGISTRATION POLICIES

Effective 04/01/2009

1. Included in each course registration fee is a non-refundable, non-transferable \$100.00 deposit.
2. Customers canceling with 14 days notice or more are entitled to a refund of paid registrations fees, less the non-refundable, non-transferable \$100.00 deposit.
3. Customers canceling with 14 days notice or more but wishing to transfer to a different training, forfeit a \$50.00 deposit and the remaining balance can be applied to the teacher training for which they are transferring. Any remaining balances due must be paid two weeks prior to the training.
4. Customers canceling with less than 14 days notice are not entitled to a refund and forfeit a \$50.00 deposit. The remaining balance is kept on file as a credit to be applied to a future teacher training within the 12 months from the date the order was **processed**. Any remaining balances due must be paid two weeks prior to the training.
5. **Customers not attending a training and failing to contact YogaFit in advance (i.e., "no-shows") will forfeit all registration fees; no refund/credit will be issued.**
6. All trainings are subject to cancellation by YogaFit and in such cases, customers will be notified in advance and be provided with various options. Please call to confirm any training(s) prior to making any travel arrangements.
7. All refunds and/or credits will be issued in US Dollars only.
8. Full attendance is required to receive course credit.