



YOGAFIT®

Presents

August 11-15, 2010

Hood River, OR

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:

BEST WESTERN HOOD RIVER INN

1108 EAST MARINA WAY, HOOD RIVER, OR 97031

Contact hotel directly for special conference rate of \$107/\$112 Standard Single/Double; \$122/\$132 Riverview Single/Double through Monday, July 12, 2010, 800-828-7873 or (541) 386-2200

Training Days/Times: Weds. (Aug 11), Thurs. (Aug 12), Fri. (Aug 13), Sat. (Aug 14) & Sun. (Aug 15) - 8am to 6pm all days

TRAININGS:

- Level 1 (Thurs & Fri)
- Level 2 (Sat & Sun)
- Level 3 (Sat & Sun)
- Level 4 (Thurs, Fri, Sat & Sun)
- Level 5 (Sat & Sun)
- Anatomy (Thurs & Fri)
- Yoga Therapy (Thurs, Fri, Sat, & Sun)***
- Kids (Wed)
- Pre/Post (Sat)
- Seniors (Sun)
- Yoga for Personal Trainers (Thurs & Fri)

***YOGA THERAPY will be held at the Hood River Hotel Thurs-Sun; 102 Oak Street, Hood River, OR 97031; (800) 386-1859 or (541) 386-1900; Limited number of sleeping rooms are available at the special rate of \$89 Courtyard/\$109 Townview; comes with \$10 breakfast voucher

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

Therapy: Therapeutic Yoga for the Shoulders and Hips, Yoga As Medicine, strap, block, bolster or blanket

Kids: YogaFit Kids Cards, Training Manual

Pre/Postnatal or Seniors: Training Manual

TUITION :

- Any 1-Day Specialty – \$269 before July 11, 2010; \$299 until Aug 4, 2010; \$319 after
- Any 2-Day Training – \$419 before July 11, 2010; \$449 until Aug 4, 2010; \$479 after
- Any 3 days: \$559 before July 11, 2010; \$589 until Aug 4, 2010; \$619 after
- Any 4 days: \$639 before July 11, 2010; \$669 until Aug 4, 2010; \$699 after
- Any 5 days: \$839 before July 11, 2010; \$869 until Aug 4, 2010; \$899 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: _____ Reg. 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.