



# YOGAFIT®

Presents

## September 16-19, 2010 Lincoln Harbor/Weehawken, NJ 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:

**SHERATON LINCOLN HARBOR 500 HARBOR BLVD, WEEHAWKEN, NJ 07086**

Contact hotel directly for special conference rate of \$140 through Wednesday, August 18<sup>th</sup>, 2010 (201) 617-5600

Training Days/Times: Thurs. (Sept. 16), Fri. (Sept. 17), Sat. (Sept. 18) & Sun. (Sept. 19) - 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)
- Therapy (Thurs, Fri, Sat, Sun)
- PilatesFit (Thurs & Fri)
- Seniors (Thurs)
- Pre/Post (Fri)
- Kids (Sat)

- Any 3 days: \$559 before August 16, 2010; \$589 until Sept 2, 2010; \$619 after
- Any 4 days: \$639 before August 16, 2010; \$669 until Sept 2, 2010; \$699 after

### 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

Kids, Pre/Post and Seniors: Training Manual (included in tuition cost)

Kids: Kids YogaFit cards

### TUITION :

- Any 1-Day Specialty – \$269 before August 16, 2010; \$299 until Sept 2, 2010; \$329 after
- Any 2-Day Training – \$419 before August 16, 2010; \$449 until Sept 2, 2010; \$479 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.