

# Yoga...for Life

*Winter 2010*

*January 6 – March 31, 2010*

Classes held every

**Wednesday & Friday**  
12:00 to 1:30 pm

**\$15/class**  
St. James UMC  
Upstairs, Education Building

Please bring a yoga mat.  
Previous introduction to Yoga preferred.

*Please call Kate with questions or concerns*

**Kate Holland**  
Instructor  
**404-371-8874**

## Registration for

## Yoga...for Life

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home #: \_\_\_\_\_

Cell #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone #: \_\_\_\_\_

I understand that neither St. James United Methodist Church, nor its employees or volunteers, can be held responsible for any injuries received while en route to or from class, while attending class, or in any class activity. In case of emergency, the church's employees or volunteers have my permission to call doctors, ambulance, or use any hospital in my best interest. I give permission for my photo to be used for print or website material.

Signature \_\_\_\_\_

Date \_\_\_\_\_